



**Food Allergy Alert**

*I have severe food allergies. In order for me to avoid a life-threatening reaction, I must avoid all foods that contain:*

---

---

---

*Please verify safe cooking oils, marinades, sauces, seasonings and ingredients used in my meal.*

Print page 1 of this document.

Put the paper back in your printer.

Print page 2 on the back.

## **Food Allergy Alert**

*Please make sure that my food does not contain any of the ingredients on the front of this card, and that any utensils and equipment used to prepare my meal, as well as prep surfaces, are fully cleaned immediately before using. Thank you for your help!*



Totalnutritionandtherapeutics.com  
1585 Santa Barbara Blvd. The Villages, FL 352-259-5190