

•FOOD ALLERGY ALERT•

**I HAVE A
SEVERE FOOD
ALLERGY**



**Contact with any
soy product can be
life-threatening to me.**



In preparing my food, I ask you to please:

- Consider where soy might be “hidden”
- Avoid cross contamination by preparing my dishes separately and using separate or thoroughly cleaned utensils and prep surfaces
- Do not fry ingredients in cooking oil used to fry other foods containing soy

Keep in mind!

Examples that may contain soy:

Artificial and natural flavorings; baked goods; bouillon cubes; edamame; fiber; flour; milk; sauce; chicken broth; cereals; miso; monosodium glutamate (MSG); natto; shoyu; soy protein; soy sauce; tamari sauce; tempeh, tofu; textured vegetable protein (TVP); Vitamin E; vegetable broth or oil; Worcestershire sauce.

The list does not stop here, so if something is questionable, please let me know.