



SMARTER SHOPPING, HEALTHIER EATING, BETTER LIVING...



Select a card design:

AllergyMoms Design


 Please be advised that **John Jones** has food allergies. Table #
PLEASE DO NOT USE: Peanuts/ Butter, All Shellfish
 Emergency contact: **Dr. Bill Smith (123) 456-7890**


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Superhero Design


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SupermarketGuru Design


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Name on card:

Emergency contact:

Emergency phone:

Check off all allergies you would like listed on the card:

Corn Products

- All Corn Derivatives
- Corn Oil
- Corn Syrup
- Corn Starch
- Confectioner's Sugar
- High Fructose Corn Syrup

Dairy

- All Dairy
- Butter
- Casein
- Cheese
- Cream
- Ice Cream
- Lactose
- Milk
- Kefir
- Whey
- Yogurt

Eggs

- Eggs
- Mayonnaise

Grains

- Barley
- Einkorn
- Farina/Semolina
- Kamut
- Malted Grain
- Oats
- Rye
- Spelt
- Triticale
- Wheat

Wheat/Gluten

- Breadcrumbs/Croutons
- Durum Wheat
- Eel Sauce*
- Flavoring Additives*
- Hydrolyzed Yeast
- Seitan
- Soy Sauce
- Malt Vinagar
- MSG*
- Mustard*
- Mayonnaise*
- Plum Sauce*
- Salad Dressing*
- Sauce-Ketchup or Marinade*
- Tea Bags*
- Torula Yeast
- Wheat Flour
- Yeast Extract

Nuts/Seeds

- All Nuts
- Almonds
- Almond Butter/Almond Milk/Almond Cheese
- Brazil Nuts
- Cashews/Cashew Butter/Cashew Cream
- Flax/Flax Oil
- Ground Nuts
- Hazelnuts-Filberts/Hazelnut Butter
- Sesame Seeds/Sesame Oil
- Pecans
- Macadamia Nuts
- Tahini/Hummus
- Peanuts/Peanut Butter
- Pine Nuts/Pesto
- Walnuts/Walnut Oil

Soy

- All Soy
- Edamame
- Miso
- Seitan
- Soy Cheese/Soy Milk/Soy Sauce
- Soybean/Soybean Oil
- Tempeh
- Tofu
- TVP/TSP

Fish/Shellfish

- All Shellfish
- Bass
- Clams
- Cod
- Crab
- Crawfish
- Flounder
- Lobster
- Mollusks
- Mussels
- Octopus
- Oysters
- Prawns
- Scallops
- Shrimp
- Snails
- Roe

Vegetables

- Chili Peppers
- Peppers/Capsicums
- Potatoes

* May contain gluten – check ingredients

Other allergies:

I accept the following: SupermarketGuru.com and Consumer Insight, Inc. is offering this Food Allergy Buddy card to assist persons in communicating their food allergies. You are urged to review the card carefully to ensure that it is accurate. By checking the Accept box you understand and agree that you are solely responsible for the accuracy of the card and communicating your food allergies and hereby release and discharge Food Allergy Buddy, National Restaurant Association and its members companies, and their respective parents, affiliates, subsidiaries, employees, agents, sponsors and representative from any liability, injury or damage resulting from your use of the card.

Create Card

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