食物アレルギー

以下の食品にアレルギーがあります。



落花生（ピーナッツ）
Peanuts



乳
Milk



ごま
Sesame



アーモンド
Almonds



えび
Shrimp



桃
Peaches

これらの食材が含まれているか確認してください。

Ingredient reference

Peanuts / 落花生（ピーナッツ） — Peanut butter, peanut flour and peanut sauces are examples to discuss with staff.

Milk / 乳 — Milk, butter, cream, cheese, whey and casein are names to discuss when checking a recipe.

Sesame / ごま — Discuss sesame seeds, tahini, sauces and garnishes. Read ingredient labels rather than relying on a dish name.

Almonds / アーモンド — Check the complete ingredient list and preparation with the person making the meal.

Shrimp / えび — Check the complete ingredient list and preparation with the person making the meal.

Peaches / 桃 — Check the complete ingredient list and preparation with the person making the meal.



Questions for the restaurant

Can you check the full ingredient list with the kitchen?

Are these foods in the sauces, stocks, seasonings or garnishes?

How are shared utensils, surfaces and cooking oil handled?

Please tell me if you cannot confirm the ingredients or preparation.

Travel & dining checklist

Save the card offline and keep a printed backup.

Show the card before ordering; discuss the actual dish.

Follow your healthcare professional's advice and personal emergency plan.

Personal notes are not translated. Have the wording checked before use.