

Translation cards can be a great way to express your dietary concerns in another language!

You can customize your own or find samples online.

Some examples you see will have long written sentences, while others may be only a few words.

Use what is best for you and your dietary needs.

Scroll for examples

Swedish!

**JAG ÄR ALLERGISK
MOT
MEJERIPRODUKTER**

I am allergic to dairy



German!

IST DAS KOSCHER

Is this kosher?



Japanese!

私はベジタリアンです

I am vegetarian

Spanish!

**TENGO
ENFERMEDAD
CELÍACA/O**

**I have celiac disease
(feminine/masculine)**