

Dining/Restaurant Card

I have Alpha-gal Syndrome (AGS).
Please help me avoid the following:

- No mammalian meats: beef, pork, lamb, venison
- No broths/gravies made from beef/pork bones
- No gelatin (desserts, capsules, some sauces)
- No animal fats (lard, tallow, suet) — use vegetable oils
- Dairy only if I confirm it is acceptable today
- Avoid cross-contact on shared grills, fryers, kettles

Thank you! If unsure about an ingredient,
please ask me.

Learn more: alphagaldata.com/downloads ·
Educational only, not medical advice