

Dear Valued Customer,

Thank you for purchasing your SelectWisely food translation cards. Below you will find two copies of your purchased card. Please cut the card out and fold along the dotted line. We suggest laminating the card if at all possible.

When traveling we recommend that you keep one card in your wallet and the other in a more secure place, such as your suitcase. After you have used the card, we welcome your comments. In an effort to help other travelers with similar dietary challenges, we encourage you to share your thoughts, travel tips and other first-hand information.

Gluten-Free and Milk Card

- ❗ I am allergic to wheat, rye, barley, oats, soy sauce, malt, flour and gluten including sauces, gravies, breads, cereals and foods made with these ingredients.
- ❗ I am allergic to milk and all milk products (butter, yogurt, cheese).
- ❓ Can you please prepare a meal for me that does not contain these foods? Thank you.



SelectWisely

- ❗ 저는 밀, 호밀, 보리, 귀리, 간장, 맥아, 밀가루 및 글루텐에 알레르기가 있으며 소스, 고깃국물, 빵, 시리얼 그리고 이런 재료로 만든 음식에도 알레르기가 있습니다.
- ❗ 저는 우유와 모든 유제품(버터, 요거트, 치즈)에 알레르기가 있습니다.
- ❓ 이런 음식이 포함되지 않은 식사를 준비해 주시겠어요? 감사합니다.



Korean

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We hope our cards help you in your travels and look forward to hearing from you in the future. Please email us at info@selectwisely.com if you have any questions or comments!

- The SelectWisely Team