

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.

Lactose Intolerance Card

- ❗ I am allergic to milk and all milk products (butter, yogurt, cheese, cream, casein, whey).
- + Please prepare a meal for me that does not contain these foods. Thank you.
- ? Does this food contain milk or milk products?



- ❗ 저는 우유와 모든 유제품 (버터, 요구르트, 치즈, 크림, 카제인, 유장)에 알레르기가 있습니다.
- + 이러한 음식이 포함되지 않은 식사를 준비해주세요. 감사합니다.
- ? 이 음식에 우유나 유제품이 들어 있나요?



SelectWisely

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