












Dining/Restaurant Card

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

-  No mammalian meats: beef, pork, lamb, venison, organ meats (liver, bacon, sausage)
-  No broths/gravies made from beef/pork bones or drippings
-  No milk, butter, cheese or creams
-  No gelatin (desserts, capsules, some sauces/candies)
-  No animal fats (lard, tallow, suet)
-  Avoid cross-contact on shared grills, fryers, knives, and cutting boards

Suggested alternatives:

-  Use vegetable oils or plant-based butter/spreads
-  Non-dairy milks if tolerated (oat, almond, soy)
-  Poultry (chicken, turkey)
-  Fish/seafood (if otherwise tolerated)

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

Learn more: alphagaldata.com - Educational only, not medical advice