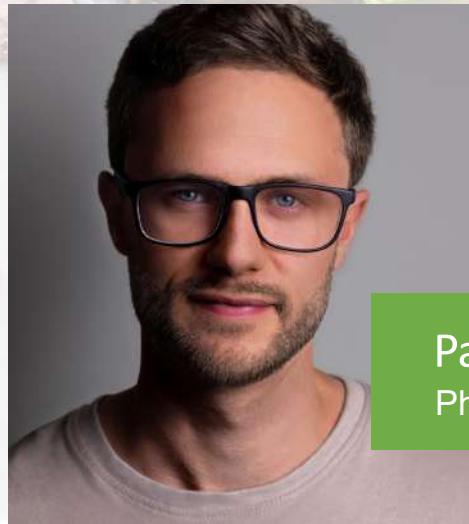


Food Allergy List



Patrick Schmetzer
Photographer / Filmmaker

Vegan

A vegan diet is **based on plants (such as vegetables, grains, nuts and fruits) and foods made from plants.**

I do **NOT** eat foods that come from animals, including dairy products, meat, poultry, cheese, fish and eggs.



Food Guide



Fish & Seafood



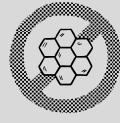
Chicken



Animal Meat



Cheese & Milk



Honey



Eggs



Fruits



Vegetables



Soy, Almond & Oat Milk



Tofu



Grains, Rice & Potatoes



Nuts

Gluten

Gluten is a general name for the proteins found in wheat (wheatberries, durum, emmer, semolina, spelt, farina, farro, graham, kamut, khorasan wheat and einkorn), rye, barley and triticale – a cross between wheat and rye. Gluten helps foods maintain their shape, acting as a glue that holds food together. Gluten can be found in many foods, even ones that would not be expected.

Wheat (gluten) is generally found in:

- Bread
- Baked goods
- Pizza & pasta

Great Alternatives are rice, potatoes (french fries) amaranth, buckwheat, corn & gluten-free products

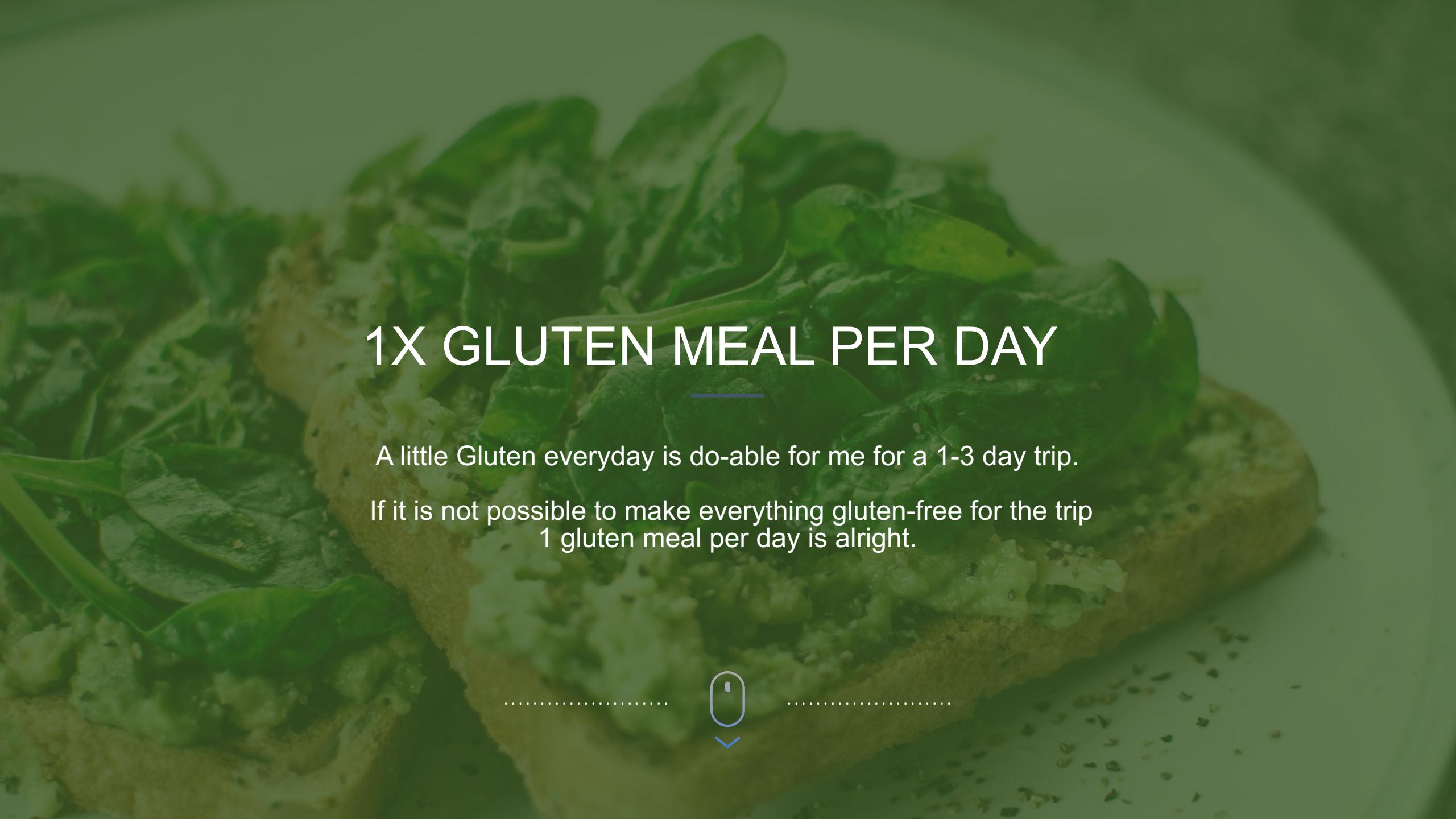
Fine are small amounts like in soups, sauces & salat dressings.



Product Brands

Look out for these brands to choose a great alternative.





1X GLUTEN MEAL PER DAY

A little Gluten everyday is do-able for me for a 1-3 day trip.

If it is not possible to make everything gluten-free for the trip
1 gluten meal per day is alright.



Allium Intolerance

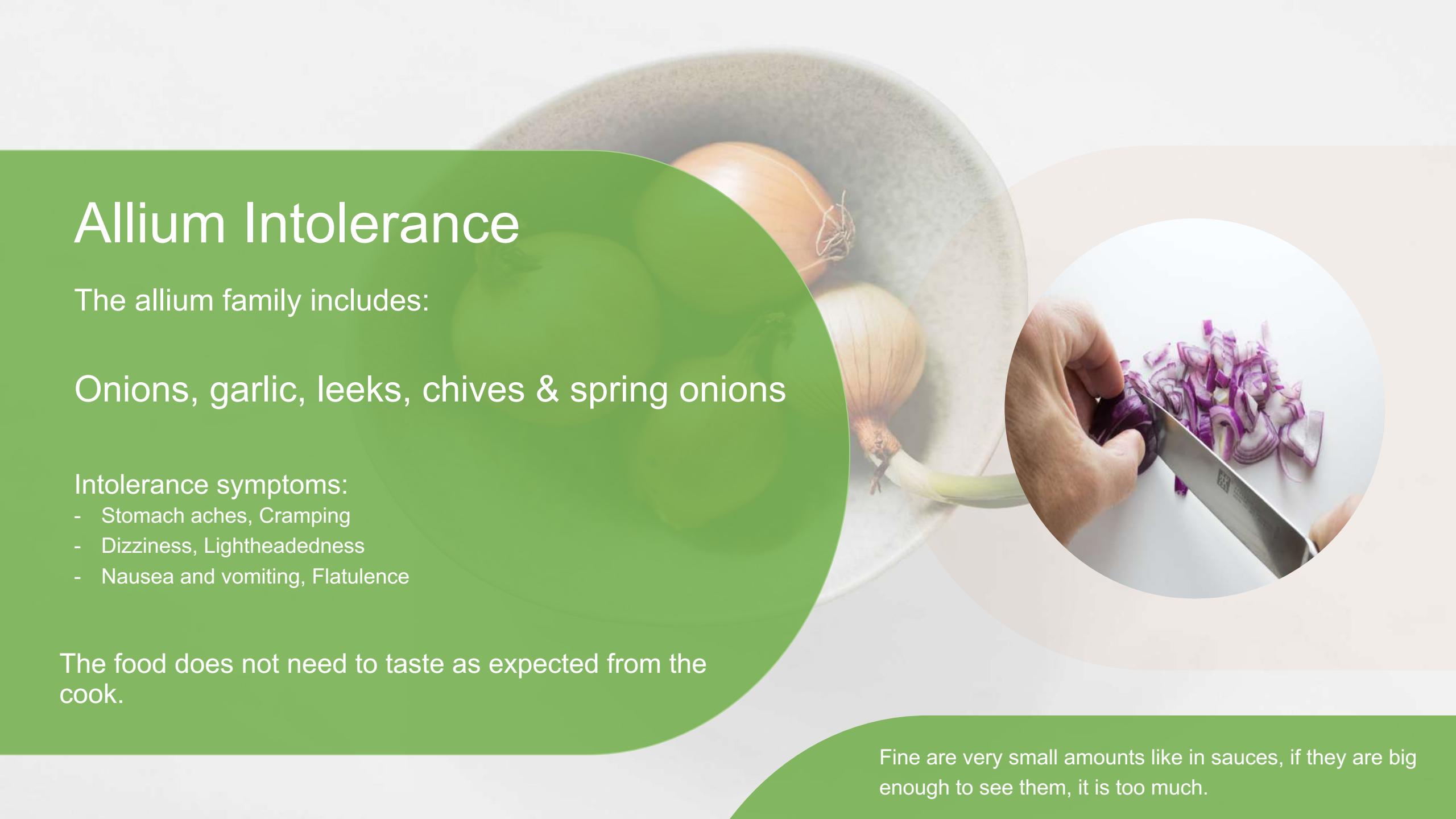
The allium family includes:

Onions, garlic, leeks, chives & spring onions

Intolerance symptoms:

- Stomach aches, Cramping
- Dizziness, Lightheadedness
- Nausea and vomiting, Flatulence

The food does not need to taste as expected from the cook.



Fine are very small amounts like in sauces, if they are big enough to see them, it is too much.

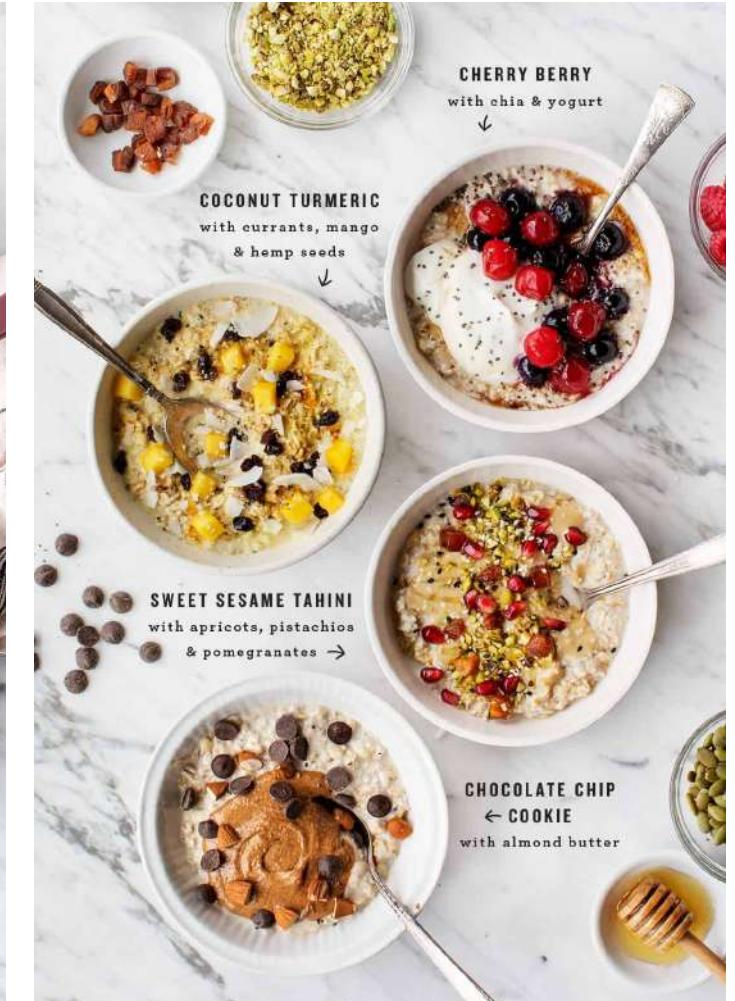
Product Labels

Look out for these labels to help easily identify the right product.



Breakfast

An easy breakfast is cornflakes with fruits and almond / soy milk or a vegan joghurt.



Creative breakfast idea assistance

Contact Info

If you have any questions please reach out to me.



Adam-Fosshag-Strasse 37, 65428
Ruesselsheim, Germany



+49 157 320 47824



Mail@Patrickschmetzer.com

