

# Lactofree Translation Card



We know how hard holidaying can be when you're lactose intolerant. Eating out can be very difficult, with the language barrier making it even more challenging to try and order something that won't cause you problems.

So the Lactofree Team have created translation cards for you. Simply cut these cards out, carry them in your wallet or purse and present them in a restaurant for the waiter to aid you in your decision. Use the first card if you are lactose intolerant and the second card if your children are.

Here's the English:

- 1. I am lactose intolerant and can not eat dairy unless it is lactose free. Can you please suggest some menu items I could eat?*
- 2. My child is lactose intolerant and can not eat dairy unless it is lactose free. Can you please suggest some menu items he/she could eat?*

## French

Je suis intolérant au lactose et je ne peux pas manger de produits laitiers à moins qu'ils soient sans lactose. Pouvez-vous me suggérer des produits que je pourrais manger ?



Mon enfant est intolérant au lactose et ne peut pas manger de produits laitiers à moins qu'ils soient sans lactose. Pouvez-vous me suggérer des produits qu'il/elle pourrait manger ?



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## Portuguese

Eu tenho intolerância à lactose e não posso comer derivados do leite a não ser que sejam sem lactose. Quais produtos você sugere?



Meu filho(a) tem intolerância à lactose e não pode comer derivados do leite a não ser que sejam sem lactose. Quais produtos você sugere para ele(a)?



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## Italian

Sono intollerante al lattosio e non posso mangiare latticini. Mi potete suggerire alcuni prodotti del genere che non contengano lattosio?



Mio figlio e' intollerante al lattosio e non puo' mangiare latticini. Mi potreste suggerire alcuni prodotti del genere che possa dargli/le e che non contengano lattosio?



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## Spanish

Soy intolerante a la lactosa y no puedo comer lácteos a no ser que no contengan lactosa. ¿Podrías sugerirme algunos productos que pueda comer?



Mi hijo es intolerante a la lactosa y no puede comer lácteos a no ser que no contengan lactosa ¿Podrías sugerir algunos productos que él pueda comer?



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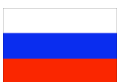
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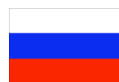
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## Russian

Я не переношу лактозу и поэтому не ем молочные продукты, содержащие лактозу. Пожалуйста посоветуйте что можно кушать.



Мой ребенок не переносит лактозу и поэтому не может есть молочные продукты, содержащие лактозу. Пожалуйста посоветуйте что можно кушать



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## German

Ich habe eine Laktoseintoleranz und kann keine Milchprodukte essen, außer wenn sie frei von Laktose sind. Können sie mir bitte einige Menüpunkte empfehlen, die ich essen kann.



Mein Kind hat eine Laktoseintoleranz und kann keine Milchprodukte essen, außer wenn sie frei von Laktose sind. Können sie mir bitte einige Menüpunkte empfehlen, die es essen kann.



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## Norwegian

Jeg lider av laktoseallergi og kan bare spise meieriprodukter som ikke inneholder laktose. Jeg ville sette pris på om dere kunne foreslå matvarer som jeg kan spise.



Mitt barn lider av laktoseallergi og kan bare spise meieriprodukter som ikke inneholder laktose. Jeg ville sette pris på om dere kunne foreslå matvarer som han/hun kan spise.

