

Lactose Intolerance Notice

Date: _____

To Whom It May Concern,

I am writing to inform you that I have been diagnosed with lactose intolerance. Due to this condition, I must avoid all dairy products and any foods that contain lactose.

As you plan meals for me, please ensure that my food is free from the following:

- Milk
- Cheese
- Yogurt
- Butter
- Ice cream
- Whey and casein
- Any products that may contain lactose

I appreciate your attention to this matter and look forward to enjoying meals that cater to my dietary needs.

Thank you for your understanding.

Sincerely,

[Your Name]

[Your Contact Information]