

Hello,

I wanted to let you know that I have some food allergies. Specifically, I am allergic to **peanuts**, **shellfish**, and **dairy products**. Even small amounts can cause a reaction, so I need to be careful with what I eat.

If you have any questions about what I can or can't eat, feel free to ask. I really appreciate your understanding and attention to this!

Thank you so much.

Best regards,
Ali