V-Cards

Updated July 2026

Ensuring cruelty-free meals while educating foreign eateries & stores about vegan options!

www.maxlearning.net/HEALth/V-Cards.pdf

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Free iPhone App
V Cards: Vegan Abroad

Offline Access
Opening this file on a smartphone stores it in a download folder as **V-Cards.pdf**, which you can access with a File Manager app.

To Use V-Cards

Please patronize 100% vegan restaurants—they need our support!
But if none are available, most non-vegan eateries and grocery stores are eager for your business. Prepare V-Cards as detailed at the top of the desired language page, then hand one to your waiter or store staff.

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Translation Sources
Initially: http://translate.google.com
~ Modified by native speaker/s
* 100% native speaker translation

Please email translation corrections to mike.weinberg1952@gmail.com

Website: www.maxlearning.net

V-Card: Fold the English side under but leave attached in case of faulty translation

I AM VEGAN

Plant foods only please!
NO MEAT
No mammal, bird, fish, seafood, insect, sauce, broth...
NO EGG
No whites, albumen, yolk...
NO DAIRY
No milk, cheese, yogurt, whey, casein, lactose...
NO ANIMAL PRODUCTS
No honey, gelatin, lard, oil, blood, bone, fat...
[English]

أنا نباتي

الأغذية النباتية فقط من فضلك!
لا لحم
لا الثدييات والطيور والأسماك والمأكولات البحرية ، والحشرات ، وصلصة، مرق...
لا بيضة
لا البيض ، الزلال، صفار البيض...
لا الألبان
لا الحليب والجبن واللبن ، مصل اللبن ، الكازين واللاكتوز...
لا منتجات حيوانية
لا العسل ، والجيلاتين ، وشحم الخنزير وزيت والدم والعظام والدهون...
[Arabic]

Afrikaans~

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I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No whites, albumen, yolk... **NO DAIRY** No milk, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	**EK IS VEGAN** Slegs plant-gebaseerde voedsel asseblief! **GEEN VLEIS** Geen soogdier, voël, vis, seekos, insekte, sous, sop... **GEEN EIER** Geen eierwit, albumien, dooier... **GEEN SUIWELPRODUKTE** Geen melk, kaas, jogurt, wei, kaseïen, laktose... **GEEN DIER** Geen heuning, gelatien, varkvet, olie, bloed, been, vet... **[Afrikaans]**
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Albanian

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Amharic

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Arabic~

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Armenian

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Azerbaijani

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Basque~

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Belarusian

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Bengali (Bangla)

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Bosnian

I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No whites, albumen, yolk... **NO DAIRY** No milk, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	**JA SAM VEGAN** Biljnih namirnica jedino molim! **NEMA MESA** Ne sisara, ptica, riba, morski plodovi, insekata, sos, bujon ... **NO JAJE** Nema bijelaca, bjelance, žumance ... **NEMA MLIJEČNIH** Ne mlijeko, sir, jogurt, surutka, kazein, laktoza ... **NEMA ŽIVOTINJSKIH PROIZVODA** Nema meda, želatin, mast, ulje, krv, kosti, masti ... **[Bosnian]**
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Bulgarian~

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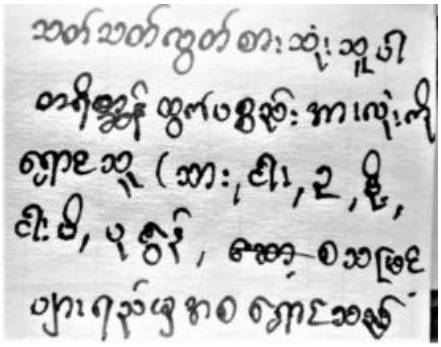
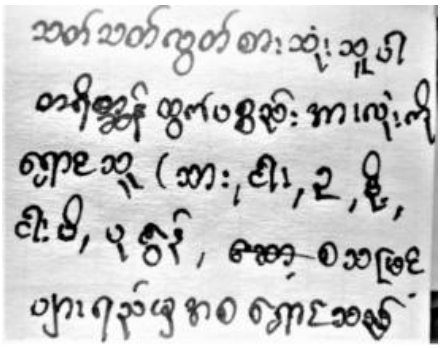
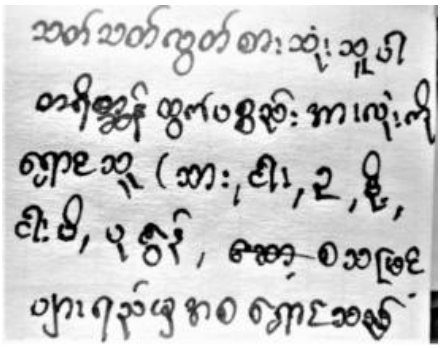
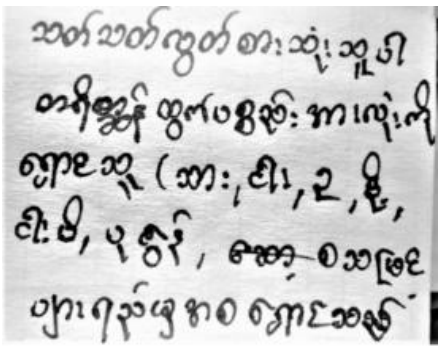
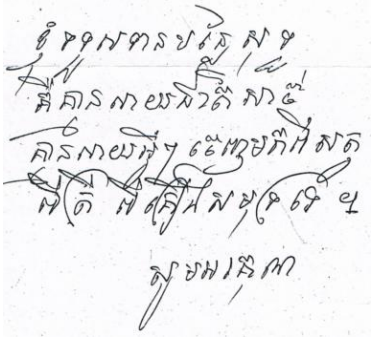
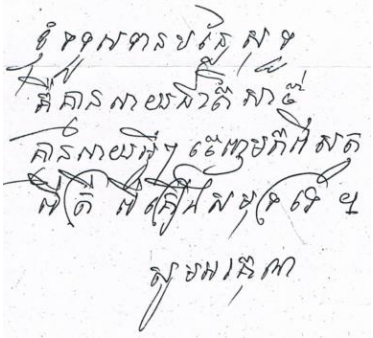
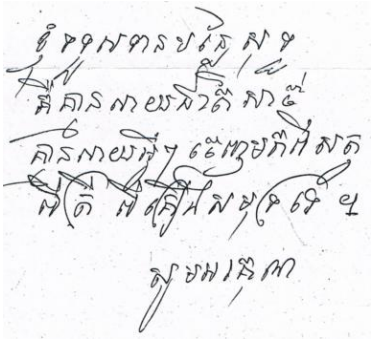
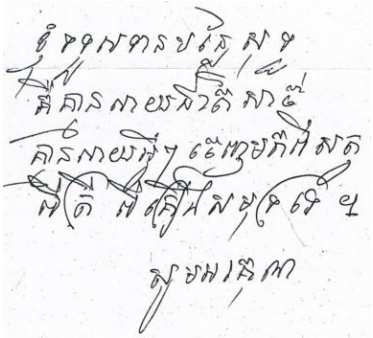
Burmese*

This is a native speaker's handwritten version. See "Myanmar" for the Google Translate version.

I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No yolk, albumen, whites... **NO DAIRY** No milk, cream, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	 **[Burmese]**
I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No yolk, albumen, whites... **NO DAIRY** No milk, cream, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	 **[Burmese]**
I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No yolk, albumen, whites... **NO DAIRY** No milk, cream, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	 **[Burmese]**
I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No yolk, albumen, whites... **NO DAIRY** No milk, cream, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	 **[Burmese]**

Cambodian*

This is a native speaker's handwritten version. See "Khmer" for the Google Translate version.

I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No whites, albumen, yolk... **NO DAIRY** No milk, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	 **[Cambodian]**
I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No whites, albumen, yolk... **NO DAIRY** No milk, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	 **[Cambodian]**
I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No whites, albumen, yolk... **NO DAIRY** No milk, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	 **[Cambodian]**
I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No whites, albumen, yolk... **NO DAIRY** No milk, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	 **[Cambodian]**

Catalan

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Cebuano

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I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No whites, albumen, yolk... **NO DAIRY** No milk, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	**AKO MAO VEGAN** Tanom nga pagkaon lamang please! **WALAY BISAN UNSA NGA KALAN-ON** Walay mga mammal, langgam, isda, seafood, insekto, salsahan, sabaw ... **WALAY BISAN UNSA NGA ITLOG** Walay mga puti, albumen, yolk ... **WALAY BISAN UNSA NGA DAIRY** Nga walay gatas, keso, yogurt, whey, casein, lactose ... **NGA WALAY MGA MANANAP NGA MGA PRODUKTO** Walay bisan unsa nga dugos, gelatin, lard, sa lana, sa dugo, bukog, tambok ... **[Cebuano]**
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Chichewa

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Chinese (Simplified)~

Mainland China Singapore

I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No whites, albumen, yolk... **NO DAIRY** No milk, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	**我是严格素食主义者：** 我只吃植物性食物！ **非肉类：** 不吃哺乳动物类，鸟类，鱼类，海鲜，昆虫，肉酱汁，肉汤... **非蛋类：** 不吃蛋清，蛋白，蛋黄... **非奶类：** 不吃牛奶，奶酪，酸奶，乳清，酪蛋白，乳糖... **非任何其他别的动物产品：** 不吃蜂蜜，骨胶果冻，猪油，其他别的动物油，血，骨，脂肪... **[Chinese - Simplified]**
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Please email translation corrections to mike.weinberg1952@gmail.com

Chinese (Traditional)~

Taiwan Hong Kong

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Corsican

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Croatian~

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Czech~

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Danish~

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Dutch~

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Please email translation corrections to mike.weinberg1952@gmail.com

English

Print this page. Cut out folded cards.

I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No yolk, albumen, whites... **NO DAIRY** No milk, cream, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	**I AM VEGAN** Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No yolk, albumen, whites... **NO DAIRY** No milk, cream, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**
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Esperanto

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I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No whites, albumen, yolk... **NO DAIRY** No milk, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	**MI ESTAS VEGANA** Planto nutraĵojn nur bonvolu! **NENIU KARNO** Neniu mamulo, birdo, fiŝo, mariskoj, insekto, saŭco, buljono ... **NENIU OVO** Neniu blankuloj, albumino, yema ... **NENIU LAKTO** Neniu lakto, fromaĝo, jogurto, serumo, kazeino, laktozo ... **NENIU BESTO PRODUKTOJ** Neniu mielo, gelateno, lardo, oleo, sango, osto, graso ... **[Esperanto]**
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Estonian

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I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No whites, albumen, yolk... **NO DAIRY** No milk, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	**MA OLEN VEGAN** Taimetoiduküllane ainult palun! **ILMA LIHATA** Ei imetaja, lind, kala, mereande, putukate, kaste, puljong ... **ÜHTEGI MUNA** Ei ole valged, albumiin, munakollane ... **EI MEIEREI** Ei piim, juust, jogurt, vadak, kaseiin, laktoos ... **EI OLE LOOMSETE SAADUSTE** Ei ole mesi, želatiin, sulatatud searasva õli, veri, luud, rasva ... **[Estonian]**
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Filipino~

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I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No whites, albumen, yolk... **NO DAIRY** No milk, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	**VEGAN AKO** Pagkaing halaman lamang mangyaring! **WALANG KARNE** Walang hayop, ibon, isda, seafood, insekto, sarsa, sabaw ... **WALANG ITLOG** Walang mga puti, puti ng itlog, yok ... **WALANG GATAS** Walang gatas, keso, yogurt, patis ng gatas, kasein, lactose ... **WALANG HAYOP MGA PRODUKTO** Walang honey, gelatin, mantika, langis, dugo, buto, taba ... **[Filipino]**
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Finnish~

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French~

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Frisian

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I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No yolk, albumen, whites... **NO DAIRY** No milk, cream, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	**IK BIN VEGAN** Plant foods allinnich haegje! **GJIN FLEIS** Gjin sûchdier, fûgel, fisk, seafood, insect, saus, bouillon ... **GJIN AAI** Gjin djerre, albumen, blanken ... **GJIN DAIRY** Gjin molke, cream, tsiis, yoghurt, wei, casein, lactose ... **GJIN DIER PRODUKTEN** Gjin huning, gelatine, lard, oalje, bloed, bonken, fat ... **[Frisian]**
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Galacian

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I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No whites, albumen, yolk... **NO DAIRY** No milk, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	**EU SON VEGAN** Alimentos de orixe vexetal só por favor! **SEN CARNE** Non mamíferos, aves, peixes, mariscos, insectos, salsa de caldo de carne ... **NINGÚN OVO** Non brancos, albúmen, xema ... **NINGUNHA LEITE** Sen leite, queixo, iogur, soro de leite, a caseína, lactosa ... **SEN PRODUTOS ANIMAIS** Ningún mel, gelatina, baña, aceite, sangue, ósos, graxa ... **[Galacian]**
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Georgian

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Please email translation corrections to mike.weinberg1952@gmail.com

German~

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Greek~

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NO DAIRY
No milk, cheese, yogurt, whey, casein, lactose...
NO ANIMAL PRODUCTS
No honey, gelatin, lard, oil, blood, bone, fat...
[English]

EIMAI VEGAN
Φυτικές τροφές μόνο παρακαλώ!
ΟΧΙ ΚΡΕΑΣ
Όχι θηλαστικά, πουλιά, ψάρια, θαλασσινά,
έντομα, σάλτσα με κρέας, ζωμό από κρέας
ΟΧΙ ΑΥΓΑ
Όχι κρόκο ή ασπράδι αυγού
ΟΧΙ ΓΑΛΑΚΤΟΚΟΜΙΚΑ
Όχι γάλα, τυρί, γιαούρτι, βούτυρο, ορό γάλακτος, καζεΐνη, λακτόζη
ΟΧΙ ΖΩΙΚΑ ΠΡΟΪΟΝΤΑ
Όχι μέλι, ζελατίνη, λαρδί, αίμα, οστά, ζωικό λίπος
[Greek]

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Plant foods only please!
NO MEAT
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Όχι θηλαστικά, πουλιά, ψάρια, θαλασσινά,
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Όχι γάλα, τυρί, γιαούρτι, βούτυρο, ορό γάλακτος, καζεΐνη, λακτόζη
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Όχι θηλαστικά, πουλιά, ψάρια, θαλασσινά,
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ΟΧΙ ΖΩΙΚΑ ΠΡΟΪΟΝΤΑ
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ΟΧΙ ΚΡΕΑΣ
Όχι θηλαστικά, πουλιά, ψάρια, θαλασσινά,
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ΟΧΙ ΑΥΓΑ
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ΟΧΙ ΖΩΙΚΑ ΠΡΟΪΟΝΤΑ
Όχι μέλι, ζελατίνη, λαρδί, αίμα, οστά, ζωικό λίπος
[Greek]

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Greenlandic (Kalaallisut)

I AM VEGAN

Plant foods only please!

NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

NO EGG

No yolk, albumen, whites...

NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

UANGA VEGANIUVUNGA

Plant nerisassat kisimik qinnuigissavakkit!

NEQIMIK PEQANNGILAQ

Uumasut, timmissaq, aalisakkat, qalerualiat, qimmit, qajuusanik, qajuusanik...

MANNIQANNGILAQ

Sungaartumik, albuminimik, qaqortunik...

IMMUSSUAQ PEQANNGILAQ

Immussuaq, fløde, qajuusanik, yoghurti, valle, kasein, laktose...

UUMASUNIK NIOQQUTISSANIK PEQANNGILAQ

Honningimik, gelatinemik, fedtimik, uuliamik, aavamik, saarnginik, fedtimik...

[Greenlandic - Kalaallisut]

I AM VEGAN

Plant foods only please!

NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

NO EGG

No yolk, albumen, whites...

NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

UANGA VEGANIUVUNGA

Plant nerisassat kisimik qinnuigissavakkit!

NEQIMIK PEQANNGILAQ

Uumasut, timmissaq, aalisakkat, qalerualiat, qimmit, qajuusanik, qajuusanik...

MANNIQANNGILAQ

Sungaartumik, albuminimik, qaqortunik...

IMMUSSUAQ PEQANNGILAQ

Immussuaq, fløde, qajuusanik, yoghurti, valle, kasein, laktose...

UUMASUNIK NIOQQUTISSANIK PEQANNGILAQ

Honningimik, gelatinemik, fedtimik, uuliamik, aavamik, saarnginik, fedtimik...

[Greenlandic - Kalaallisut]

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NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

NO EGG

No yolk, albumen, whites...

NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

UANGA VEGANIUVUNGA

Plant nerisassat kisimik qinnuigissavakkit!

NEQIMIK PEQANNGILAQ

Uumasut, timmissaq, aalisakkat, qalerualiat, qimmit, qajuusanik, qajuusanik...

MANNIQANNGILAQ

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IMMUSSUAQ PEQANNGILAQ

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UUMASUNIK NIOQQUTISSANIK PEQANNGILAQ

Honningimik, gelatinemik, fedtimik, uuliamik, aavamik, saarnginik, fedtimik...

[Greenlandic - Kalaallisut]

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NO MEAT

No mammal, bird, fish, seafood, insect, sauce, broth...

NO EGG

No yolk, albumen, whites...

NO DAIRY

No milk, cream, cheese, yogurt, whey, casein, lactose...

NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

UANGA VEGANIUVUNGA

Plant nerisassat kisimik qinnuigissavakkit!

NEQIMIK PEQANNGILAQ

Uumasut, timmissaq, aalisakkat, qalerualiat, qimmit, qajuusanik, qajuusanik...

MANNIQANNGILAQ

Sungaartumik, albuminimik, qaqortunik...

IMMUSSUAQ PEQANNGILAQ

Immussuaq, fløde, qajuusanik, yoghurti, valle, kasein, laktose...

UUMASUNIK NIOQQUTISSANIK PEQANNGILAQ

Honningimik, gelatinemik, fedtimik, uuliamik, aavamik, saarnginik, fedtimik...

[Greenlandic - Kalaallisut]

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Gujarati~

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Haitian Creole

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Hausa

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Hawaiian

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Hebrew~

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Hindi~

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Hmong

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Hungarian~

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Icelandic~

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Igbo

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Indonesian~

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Irish

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Italian~

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I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No whites, albumen, yolk... **NO DAIRY** No milk, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	**IO SONO VEGANO / A** Solo alimenti vegetali per favore! **NIENTE CARNE** Niente mammiferi, uccelli, pesci, crostacei, insetti, sughi di carne, brodi di carne... **NIENTE UOVA** Niente albume, tuorlo... **NIENTE LATTICINI** Niente latte, formaggio, yogurt, siero di latte, caseina, lattosio... **NIENTE PRODOTTI ANIMALI** Niente miele, gelatina, strutto, olio animale, sangue, ossa, grasso... **[Italian]**
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Japanese~

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Javanese

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Kannada

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Please email translation corrections to mike.weinberg1952@gmail.com

Kazakh

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Khmer

This is the Google Translate version. See “Cambodian” for a native speaker’s handwritten translation.

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Kinyarwanda~

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Korean~

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Kurdish (Kurmanji)

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Kyrgyz

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Lao˜

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Print this page. Cut along outside borders. Fold the English side under but leave attached in case of faulty translation. Cut out folded cards.

Latin

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Latvian~

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Lithuanian~

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Please email translation corrections to mike.weinberg1952@gmail.com

Luxembourgish~

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Macedonian

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Malagasy

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Malay~

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Malayalam

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Maltese

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Please email translation corrections to mike.weinberg1952@gmail.com

Maori~

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I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No albumen, whites, yolk… **NO DAIRY** No milk, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	**HE KAROHUAREHE (Vegan) AHAU** Ko ngā kai o te māra, ko ngā otaota anake! **KĀORE HE MĪTI** Kāore he kararehe, manu, ika, kaimoana, ngārara, te ranu mīti, hupa mīti rānei… **KĀORE HE HUAMANU** Kāore he tōhua, kahu o te huamanu… **KĀORE HE MIRAKA** Kāore he miraka, he kirīmi, he tīhi, miraka tepe, he waikuruwhatu, he pūtepe, he reihuka… **KĀORE HE HUA KARAREHE** Kāore he miere, he hāpiapia, he hinu/ngako kararehe, he toto, he wheua... **[Māori]**
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Marathi

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Mongolian*

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Myanmar (Burmese)

This is the Google Translate version. See "Burmese" for a native speaker's handwritten version.

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Nepali

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Norwegian~

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Please email translation corrections to mike.weinberg1952@gmail.com

Pashto

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Persian~

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Polish~

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Print this page. Cut along outside borders. Fold the English side under but leave attached in case of faulty translation. Cut out folded cards.

Portuguese~

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Please email translation corrections to mike.weinberg1952@gmail.com

Punjabi

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Romanian~

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Please email translation corrections to mike.weinberg1952@gmail.com

Russian~

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Please email translation corrections to mike.weinberg1952@gmail.com

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NO EGG

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NO DAIRY

No milk, cheese, yogurt, whey, casein, lactose...

NO ANIMAL PRODUCTS

No honey, gelatin, lard, oil, blood, bone, fat...

[English]

Я СТРОГИЙ ВЕГЕТАРИАНЕЦ

Пожалуйста, только пищу растительного происхождения!

БЕЗ **МЯСА**

млекопитающих, птиц, рыбы, морепродуктов, насекомых, соуса и бульона из них...

БЕЗ **ЯИЦ**

желтка, белка...

БЕЗ **МОЛОЧНЫХ ПРОДУКТОВ**

молока, сыра, йогурта, творога, кефира, сыворотки, казеина, лактозы...

БЕЗ **ПРОДУКТОВ ЖИВОТНОГО ПРОИСХОЖДЕНИЯ**

меда, желатина, сала, масла, крови, костей, жира...

[Russian]

Samoan

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Scots Gaelic

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Serbian

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Sesotho

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Shona

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Sindhi

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Sinhala~

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[English]

මම මස් / මාළු වලින් හදපු කිසිම ද්‍රව්‍යයක් කෑමට ගන්නේ නැහැ.

ශාකමය දේවල් වලින් හදපු ආහාර විතරයි මන් කෑමට ගන්නේ.

කිසිම මසක් ආහාරයට ගන්නේ නැහැ.

කිසිදු ක්ෂීරපායී, කුරුළු, මාළු, මුහුදු ආහාර, කෘමි, සෝස්,හොදි ද්‍රවයන් එපා.

බිත්තර එපා.

බිත්තර කහමදය, සුදු මදය කිසිම දෙයක් දමන්න එපා.

කිරි අන්තර්ගත කිසිම ද්‍රවයක් එපා.

කිරි, ක්ෂීම්, චීස්, සයෝගට්, සව්, casein, ලැක්ෂසටෝස් අන්තර්ගත කිසිම ද්‍රවයක් එපා.

කිසිම සත්ව නිශ්පාදනයක් එපා.

මී පැණි, සජලටින්, ඌරු තෙල්, ලේ, ඇට මිදුලු සහ කිසිම සත්වමය මේද අන්තර්ගත ආහරයක් එපා.

[Sinhala]

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[English]

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ශාකමය දේවල් වලින් හදපු ආහාර විතරයි මන් කෑමට ගන්නේ.

කිසිම මසක් ආහාරයට ගන්නේ නැහැ.

කිසිදු ක්ෂීරපායී, කුරුළු, මාළු, මුහුදු ආහාර, කෘමි, සෝස්,හොදි ද්‍රවයන් එපා.

බිත්තර එපා.

බිත්තර කහමදය, සුදු මදය කිසිම දෙයක් දමන්න එපා.

කිරි අන්තර්ගත කිසිම ද්‍රවයක් එපා.

කිරි, ක්ෂීම්, චීස්, සයෝගට්, සව්, casein, ලැක්ෂසටෝස් අන්තර්ගත කිසිම ද්‍රවයක් එපා.

කිසිම සත්ව නිශ්පාදනයක් එපා.

මී පැණි, සජලටින්, ඌරු තෙල්, ලේ, ඇට මිදුලු සහ කිසිම සත්වමය මේද අන්තර්ගත ආහරයක් එපා.

[Sinhala]

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[English]

මම මස් / මාළු වලින් හදපු කිසිම ද්‍රව්‍යයක් කෑමට ගන්නේ නැහැ.

ශාකමය දේවල් වලින් හදපු ආහාර විතරයි මන් කෑමට ගන්නේ.

කිසිම මසක් ආහාරයට ගන්නේ නැහැ.

කිසිදු ක්ෂීරපායී, කුරුළු, මාළු, මුහුදු ආහාර, කෘමි, සෝස්,හොදි ද්‍රවයන් එපා.

බිත්තර එපා.

බිත්තර කහමදය, සුදු මදය කිසිම දෙයක් දමන්න එපා.

කිරි අන්තර්ගත කිසිම ද්‍රවයක් එපා.

කිරි, ක්ෂීම්, චීස්, සයෝගට්, සව්, casein, ලැක්ෂසටෝස් අන්තර්ගත කිසිම ද්‍රවයක් එපා.

කිසිම සත්ව නිශ්පාදනයක් එපා.

මී පැණි, සජලටින්, ඌරු තෙල්, ලේ, ඇට මිදුලු සහ කිසිම සත්වමය මේද අන්තර්ගත ආහරයක් එපා.

[Sinhala]

Slovak~

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Please email translation corrections to mike.weinberg1952@gmail.com

Slovenian~

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Somali

I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No yolk, albumen, whites... **NO DAIRY** No milk, cream, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	**ANIGU WAXAAN AHAY VEGAN** Cuntooyinka warshadda kaliya raalli! **HILIB MA** Ma naasleey, shimbir, kalluun, cuntada badda, cayayaanka, maraqa, maraq ... **UKUN LAHAYN** Yellow-lahayn, albumen, caddaanka ... **CAANAHA LAHAYN** Ma caanaha, labeenta, farmaajo, garoor, myse, casein, lactose **MA SOO SAARKA XOOLAHA** Ma malab, gelatin, subag, saliid, dhiig, lafaha, baruurta ... **[Somali]**
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Spanish~

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I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No whites, albumen, yolk... **NO DAIRY** No milk, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	**YO SOY VEGANO / A** ¡Sólo alimentos de origen vegetal por favor! **SIN CARNE** Sin mamíferos, aves, pescados, mariscos, insectos, salsa, caldo **SIN HUEVO** Sin clara de huevo, albúmina, yema de huevo ... **SIN LÁCTEOS** Sin leche, queso, yogur, suero de leche, caseína, lactosa ... **SIN PRODUCTOS DE ORIGEN ANIMAL** Sin miel, gelatina, manteca, aceite, sangre, hueso, grasa ... **[Spanish]**
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Please email translation corrections to mike.weinberg1952@gmail.com

Sundanese

I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No yolk, albumen, whites... **NO DAIRY** No milk, cream, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	**KAMI VEGAN** Pangan tutuwuhan ngan mangga! **NO DAGING** No mamalia, manuk, lauk, kadaharan ti laut, serangga, asin, kaldu ... **NO ENDOG** No konéng, albumen, bule ... **NO SUSU** No susu, cream, kiju, yogurt, whey, casein, laktosa ... **NO PRODUK SATO** No madu, gelatin, gajih babi, minyak, getih, tulang, lemak ... **[Sundanese]**
I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No yolk, albumen, whites... **NO DAIRY** No milk, cream, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	**KAMI VEGAN** Pangan tutuwuhan ngan mangga! **NO DAGING** No mamalia, manuk, lauk, kadaharan ti laut, serangga, asin, kaldu ... **NO ENDOG** No konéng, albumen, bule ... **NO SUSU** No susu, cream, kiju, yogurt, whey, casein, laktosa ... **NO PRODUK SATO** No madu, gelatin, gajih babi, minyak, getih, tulang, lemak ... **[Sundanese]**
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Swahili~

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Swedish~

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Tajik

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Tamil

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Telugu

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Thai~

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Turkish~

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Ukrainian

I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No whites, albumen, yolk... **NO DAIRY** No milk, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	**Я СТРОГИЙ ВЕГЕТАРІАНЕЦЬ** Рослинної їжі тільки, будь ласка! **НЕМАЄ М'ЯСА** Немає ссавців, птахів, риба, морепродукти, комах, соус, бульйон ... **НЕ ЯЙЦЕ** Не білки, білок, жовток ... **НЕМАЄ МОЛОЧНИХ** Не молоко, сир, йогурт, сироватка, казеїн, лактоза ... **НЕМАЄ ПРОДУКТІВ ТВАРИННОГО ПОХОДЖЕННЯ** Не мед, желатин, сало, масло, кров, кістки, жир ... **[Ukrainian]**
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Urdu

I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No yolk, albumen, whites... **NO DAIRY** No milk, cream, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	**میں ویگن ہوں** پودوں سے حاصل غذا صرف کریں! **گوشت نہیں** کوئی ستنپایی، پرندوں، مچھلی، سمندری غذا، کیڑے، چٹنی، شوربے **کوئی انڈے** کوئی جردی، انڈے کی سفیدی، گوروں **کوئی دودھ** کوئی دودھ، کریم، پنیر، دہی، چھینے، کیسین، لیکٹوج **کوئی جانوروں کی مصنوعات** کوئی شہد، جلیٹن، سور کی چربی، تیل، خون، ہڈی، چربی **[Urdu]**
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Uzbek

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I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No yolk, albumen, whites... **NO DAIRY** No milk, cream, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	**MEN VEGAN** O'simlik ovqatlar faqat ma'qul! **YO'Q GO'SHT** Yo'q darrandalar, qush, baliq, dengiz mahsulotlari, hasharotlar, SOS, bulyon ... **YO'Q TUXUM** Yo'q sarig'i, oqsil, oq ... **YO'Q SUT** Yo'q sut, qaymoq, pishloq, qatiq, zardob, kazein, laktoza ... **YO'Q HAYVON MAHSULOTLARI** Yo'q asal, jelatin, cho'chqa yog'i, neft, qon, suyak, yog '... **[Uzbek]**
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Please email translation corrections to mike.weinberg1952@gmail.com

Vietnamese~

I AM VEGAN
Plant foods only please!
NO MEAT
No mammal, bird, fish, seafood, insect, sauce, broth...
NO EGG
No whites, albumen, yolk...
NO DAIRY
No milk, cheese, yogurt, whey, casein, lactose...
NO ANIMAL PRODUCTS
No honey, gelatin, lard, oil, blood, bone, fat...
[English]

TÔI ĂN THUẦN CHAY
Xin vui lòng chỉ nấu món thuần chay, làm từ thực vật!
KHÔNG CÓ THỊT
Không có thịt gia súc, gia cầm, cá, hải sản, côn trùng, nước chấm (nước mắm làm từ cá), nước dùng (nước bò hầm, thịt luộc,vvv...)
KHÔNG CÓ TRỨNG
Không chứa lòng trắng, lòng đỏ
KHÔNG CHỨA SẢN PHẨM BƠ SỮA
Không có bơ sữa, pho mai, sữa chua, váng sữa làm từ động vật có vú (bò, dê,vvv...)
KHÔNG ĂN SẢN PHẨM LÀM TỪ THỊT ĐỘNG VẬT
Không có mật ong, gelatin, mỡ lợn, dầu, tiết, xương, chất béo
[Vietnamese]

I AM VEGAN
Plant foods only please!
NO MEAT
No mammal, bird, fish, seafood, insect, sauce, broth...
NO EGG
No whites, albumen, yolk...
NO DAIRY
No milk, cheese, yogurt, whey, casein, lactose...
NO ANIMAL PRODUCTS
No honey, gelatin, lard, oil, blood, bone, fat...
[English]

TÔI ĂN THUẦN CHAY
Xin vui lòng chỉ nấu món thuần chay, làm từ thực vật!
KHÔNG CÓ THỊT
Không có thịt gia súc, gia cầm, cá, hải sản, côn trùng, nước chấm (nước mắm làm từ cá), nước dùng (nước bò hầm, thịt luộc,vvv...)
KHÔNG CÓ TRỨNG
Không chứa lòng trắng, lòng đỏ
KHÔNG CHỨA SẢN PHẨM BƠ SỮA
Không có bơ sữa, pho mai, sữa chua, váng sữa làm từ động vật có vú (bò, dê,vvv...)
KHÔNG ĂN SẢN PHẨM LÀM TỪ THỊT ĐỘNG VẬT
Không có mật ong, gelatin, mỡ lợn, dầu, tiết, xương, chất béo
[Vietnamese]

I AM VEGAN
Plant foods only please!
NO MEAT
No mammal, bird, fish, seafood, insect, sauce, broth...
NO EGG
No whites, albumen, yolk...
NO DAIRY
No milk, cheese, yogurt, whey, casein, lactose...
NO ANIMAL PRODUCTS
No honey, gelatin, lard, oil, blood, bone, fat...
[English]

TÔI ĂN THUẦN CHAY
Xin vui lòng chỉ nấu món thuần chay, làm từ thực vật!
KHÔNG CÓ THỊT
Không có thịt gia súc, gia cầm, cá, hải sản, côn trùng, nước chấm (nước mắm làm từ cá), nước dùng (nước bò hầm, thịt luộc,vvv...)
KHÔNG CÓ TRỨNG
Không chứa lòng trắng, lòng đỏ
KHÔNG CHỨA SẢN PHẨM BƠ SỮA
Không có bơ sữa, pho mai, sữa chua, váng sữa làm từ động vật có vú (bò, dê,vvv...)
KHÔNG ĂN SẢN PHẨM LÀM TỪ THỊT ĐỘNG VẬT
Không có mật ong, gelatin, mỡ lợn, dầu, tiết, xương, chất béo
[Vietnamese]

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No mammal, bird, fish, seafood, insect, sauce, broth...
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No whites, albumen, yolk...
NO DAIRY
No milk, cheese, yogurt, whey, casein, lactose...
NO ANIMAL PRODUCTS
No honey, gelatin, lard, oil, blood, bone, fat...
[English]

TÔI ĂN THUẦN CHAY
Xin vui lòng chỉ nấu món thuần chay, làm từ thực vật!
KHÔNG CÓ THỊT
Không có thịt gia súc, gia cầm, cá, hải sản, côn trùng, nước chấm (nước mắm làm từ cá), nước dùng (nước bò hầm, thịt luộc,vvv...)
KHÔNG CÓ TRỨNG
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Không có bơ sữa, pho mai, sữa chua, váng sữa làm từ động vật có vú (bò, dê,vvv...)
KHÔNG ĂN SẢN PHẨM LÀM TỪ THỊT ĐỘNG VẬT
Không có mật ong, gelatin, mỡ lợn, dầu, tiết, xương, chất béo
[Vietnamese]

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Welsh

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I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No whites, albumen, yolk... **NO DAIRY** No milk, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	**YR WYF YN FEGAN** Bwydydd planhigion yn unig os gwelwch yn dda! **DIM CIG** Dim mamaliaid, adar, pysgod, bwyd môr, pryfed, saws, cawl ... **DIM WY** Unrhyw gwyn, albumen, melynwy ... **DIM LLAETH** Dim llaeth, caws, iogwrt, maidd, gasein, lactos ... **UNRHYW GYNNYRCH ANIFEILIAID** Dim mêl, gelatin, lard, olew, gwaed, esgyrn, braster ... **[Welsh]**
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Xhosa

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NO EGG
No yolk, albumen, whites...
NO DAIRY
No milk, cream, cheese, yogurt, whey, casein, lactose...
NO ANIMAL PRODUCTS
No honey, gelatin, lard, oil, blood, bone, fat...
[English]

MNA IDEAS
Ukutya izityalo ukumkholisa kuphela!
AKUKHO NYAMA
Akukho esanyisayo, intaka, intlanzi, zaselwandle, isinambuzane, nesosi, umhluzi ...
AKUKHO IQANDA
Akukho isikhamiso, albumen, abamhlophe ...
AKUKHO ZOBISI
Akukho bisi, cream, itshizi, iyogathi, Hotmail, yicasein, lactose ...
AKUKHO NEEMVELISO ZEZILWANYANA
Akukho nobusi, newax, i-lard, i-oyile, igazi, ithambo, namanqatha
[Xhosa]

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NO EGG
No yolk, albumen, whites...
NO DAIRY
No milk, cream, cheese, yogurt, whey, casein, lactose...
NO ANIMAL PRODUCTS
No honey, gelatin, lard, oil, blood, bone, fat...
[English]

MNA IDEAS
Ukutya izityalo ukumkholisa kuphela!
AKUKHO NYAMA
Akukho esanyisayo, intaka, intlanzi, zaselwandle, isinambuzane, nesosi, umhluzi ...
AKUKHO IQANDA
Akukho isikhamiso, albumen, abamhlophe ...
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AKUKHO NEEMVELISO ZEZILWANYANA
Akukho nobusi, newax, i-lard, i-oyile, igazi, ithambo, namanqatha
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[English]

MNA IDEAS
Ukutya izityalo ukumkholisa kuphela!
AKUKHO NYAMA
Akukho esanyisayo, intaka, intlanzi, zaselwandle, isinambuzane, nesosi, umhluzi ...
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[Xhosa]

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No mammal, bird, fish, seafood, insect, sauce, broth...
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No yolk, albumen, whites...
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No honey, gelatin, lard, oil, blood, bone, fat...
[English]

MNA IDEAS
Ukutya izityalo ukumkholisa kuphela!
AKUKHO NYAMA
Akukho esanyisayo, intaka, intlanzi, zaselwandle, isinambuzane, nesosi, umhluzi ...
AKUKHO IQANDA
Akukho isikhamiso, albumen, abamhlophe ...
AKUKHO ZOBISI
Akukho bisi, cream, itshizi, iyogathi, Hotmail, yicasein, lactose ...
AKUKHO NEEMVELISO ZEZILWANYANA
Akukho nobusi, newax, i-lard, i-oyile, igazi, ithambo, namanqatha
[Xhosa]

Yiddish

I AM VEGAN Plant foods only please! **NO MEAT** No mammal, bird, fish, seafood, insect, sauce, broth... **NO EGG** No whites, albumen, yolk... **NO DAIRY** No milk, cheese, yogurt, whey, casein, lactose... **NO ANIMAL PRODUCTS** No honey, gelatin, lard, oil, blood, bone, fat... **[English]**	איך בין וועגאַן פאַבריק פודז נאָר ביטע! קיין פלייש ניט מאַמאַל, פויגל, פיש, יאַמ - שפּיַזן, ינסעקט, סאָוס, יויך ... קיין יי קיין ווייַץ, אַלבומען, יאָוק ... ניט מילכיק קיין מילך, קעז, יאָגורט, וויי, קייסין, לאַקטאָוס ... ניט כיַע פּראָדוקטן קיין האָניק, דזשעלאַטאַן, לאַרד, ייל, בלוט, ביין, גראָב ... **[Yiddish]**
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Yoruba

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Zulu

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Please email translation corrections to mike.weinberg1952@gmail.com