

## SPANISH

For medical reasons (a disorder called Phenylketonuria) I am not allowed to eat any products which contain a lot of protein, for example meat, fish, eggs, cheese and soya. Vegetables like potatoes and sweet corn, pulses and cereals are allowed in limited quantities and have to be measured.

***Por razones de salud (una afección llamada Fenilketonuria) no se me permite comer productos que contengan proteína, como por ejemplo, carne, pescado, huevos, queso y soja. Verduras como patatas y maíz, legumbres y cereales se permiten en cantidades limitadas y que deben ser medidas***

Fruit, leaf vegetables, sugar, oil, butter and margarine are permitted freely. Any foods, drinks or medication sweetened with Aspartame (E951) are not allowed. To stay in good health, I have to follow this strict diet with medication.

***Fruta, verduras verdes, azúcar, aceite, mantequilla y margarina se permiten sin restricción. No se permite cualquier comida, bebida or medicamento que contenga el edulcorante Aspartame (E951). Para conservarme en salud, debo seguir esta dieta estrictamente y tomar medicación.***

- I have a medical condition called Phenylketonuria.  
***Tengo una afección llamada Fenilketonuria***
- Can you bring me a plate of vegetables only?  
***Me trae un plato de verduras por favor?***
- Can I have a salad on its own?  
***Me trae solamente una ensalada por favor?***
- Does this dish contain meat/fish/egg/milk/cheese?  
***Contiene este plato carne/pescado/huevo/leche/queso?***
- Please could I have some potatoes/chips/French fries with vegetables/salad?  
***Tiene patatas hervidas/patatas fritas con verduras/ ensalada?***
- Please may I have some fruit?  
***Tiene fruta por favor?***
- Can you cook a portion of this pasta/rice /pizza base for my meal tonight?  
***Me puede cocer una porción de pasta/arroz/pan de pizza?***
- Can you heat this food for me?  
***Me puede calentar ésta comida?***

- Can you warm my baby's bottle?  
*Me puede calentar el biberón?*
- Can you toast this special bread for me?  
*Me puede tostar éste pan especial?*
- Can I have some butter?  
*Me trae mantequilla?*
- Can I have a bottle of water?  
*Me trae una botella de agua?*
- Can I have a can or bottle of Coca Cola / Fanta / Sprite?  
*Me trae una botella o lata de Coca Cola/Fanta/Sprite?*
- Can I have some tomato sauce please?  
*Me trae salsa de tomate por favor?*
- Can I eat my special medical food in your restaurant?  
*Puedo comer en su restaurante mi comida médica especial?*
- I cannot take food or drinks containing ASPARTAME (E951).  
*No puedo comer o beber alimentos que contengan ASPARTAME (E951)*
- I cannot eat any meat, fish, cheese, eggs or milk products.  
*No puedo comer carne, pescado, queso, huevos o productos lácteos*
- Have you got a fridge which I can use?  
*Tiene una nevera que pueda utilizar?*
- Can I put this in your fridge?  
*Puedo poner esto en su nevera?*
- Where is the doctor's surgery?  
*Dónde está la consulta del doctor?*
- Where is the hospital?  
*Dónde está el hospital?*
- Where is the British Embassy?  
*Dónde está la Embajada Británica?*
- Where is the post office?  
*Dónde está correos?*

- Thank you for your help.  
*Gracias por su ayuda*
- Protein.  
*Proteina*

**PLEASE NOTE THAT FRIENDS OF THE SOCIETY HAVE PREPARED THIS TRANSLATION AND WE RELY ON THEIR ACCURACY. WE CANNOT BE HELD RESPONSIBLE FOR ANY ERRORS.**