

Food Allergens List Template

Name: _____ Date: _____

| Allergen Category | Examples of Allergens | Common Foods Containing Allergen |
|----------------------|--|---|
| Milk and Dairy | Milk, cheese, butter, yogurt, cream | Baked goods, chocolates, salad dressings, canned tuna |
| Eggs | Whole eggs, egg whites, egg yolks | Baked goods, pasta, mayonnaise, breaded foods |
| Fish | Anchovies, salmon, cod | Worcestershire sauce, Caesar dressings, Asian dishes |
| Crustacean Shellfish | Shrimp, crab, lobster, crayfish | Asian cuisine, seafood pasta, paella |
| Mollusks | Clams, mussels, oysters, scallops | Seafood dishes, chowders, bouillabaisse |
| Tree Nuts | Almonds, walnuts, hazelnuts, cashews, pistachios | Pesto, baked goods, chocolates, salads |
| Peanuts | Peanut butter, peanut oil, peanut flour | Asian and African cuisines, snack foods |
| Wheat and Gluten | Wheat-based products | Bread, pasta, cereals, soy sauce, gravies |
| Soy | Tofu, tempeh, soy milk, edamame | Soy sauce, lecithin, vegetable broths, meat substitutes |
| Sesame | Sesame oil, seeds, tahini | Hummus, certain breads, Asian cuisine, dressings |
| Corn | Cornmeal, corn oil, corn syrup | Processed foods, gluten-free products, sweeteners |
| Sulfites | Preservatives | Dried fruits, wines, pickled foods |
| Mustard | Mustard condiments, seeds | Dressings, marinades, Indian cuisine |
| Celery | Fresh celery, celery salt, seeds | Soups, stews, salads, processed meats |
| Lupin | Lupin flour, seeds | European breads, pastries, gluten-free pasta |

Additional Notes: