

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: