



Ingredient Quiz

The following quiz is designed to help you identify the top food allergens recognized by the Food & Drug Administration (FDA) and identify common foods that contain these allergens.

Identifying the Top Food Allergens

The ingredients listed below are commonly used in restaurant kitchens. Write each ingredient in the corresponding box of the food allergen you think it contains. Some ingredients may contain more than one allergen.

- Albumin
- Gluten
- Baked goods
- Casein
- Nutmeat
- Soy sauce
- Marzipan
- Gianduja
- Mayonnaise
- Oysters
- Surimi
- Textured vegetable protein
- Miso
- Lecithin
- Margarine
- Lactose
- Caesar dressing
- Pesto
- Hydrolyzed protein
- Cereals

EGG	2. MILK	3. PEANUT	4. TREE NUT
Albumin Mayonnaise Surimi* Baked goods* Cereals* Lecithin* Caesar dressing*	Casein Whey Lactose Baked goods* Cereals* Pesto Margarine Caesar dressing*	Nutmeat* Baked goods* Cereals*	Nutmeat* Baked goods* Cereals* Pesto Gianduja Marzipan
5. FISH	6. SHELLFISH	7. SOY	8. WHEAT
Surimi* Caesar dressing*	Oyster Surimi*	Miso Soy sauce* Baked goods* Cereals* Textured vegetable protein Lecithin* Edamame	Surimi* Gluten Soy sauce* Baked goods* Cereals* Hydrolyzed protein

