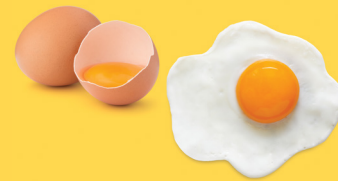


EGG Allergen Card



Any food containing egg must be avoided including*:

Albumen or albumin	Frittata
Apovitelin	Globulin
Avidin	Livetin
Binder	Lysozyme
Cheese containing lysozyme (parmesan)	Meringue/meringue mix
Dried eggs	Omelettes
Egg	Ovalbumin
Egg nog	Ovglycoprotein
Egg noodles	Ovomucoid/Ovomucin
Egg solids	Ovovitelin
Egg substitutes (some)	Pavlova
Egg white	Powdered egg
Egg white solids	Quiche
Egg yolk	Silica albuminate
Flavoproteins	Soufflés
French toast	

Do not presume that vegan food is safe for people with egg allergy.

Check when purchasing food that may be cooked in oil e.g. chips, that the oil has not been contaminated by cooking egg.

Products and foods which might contain egg include:

Alcoholic and non-alcoholic drinks (e.g. cocktails and mocktails)	Macaroons/ macarons
Baked/bakery foods (e.g. cakes, biscuits, muffins, pastries, crackers, bread, pies, slices)	Malted drinks
Battered foods	Marshmallow
Brioche and Naan bread	Marzipan
Cake decorations	Mayonnaise
Chocolate (esp. soft centres)	Meatloaf/ hamburgers/ meatballs/rissoles
Crumbed foods (e.g. schnitzel)	Mock or butter cream
Custards	Mousse
Dessert mixes	Noodles
Doughnuts	Nougat
Drink mixes	Pancakes/pikelets
Fried rice	Parmesan cheese
Fritters	Pasta
Frozen desserts	Pizza bases and toppings
Gelato	Puddings
Glazed foods (esp. baked foods)	Salad /salad dressings
Ice cream	Sauces (e.g. hollandaise)
Icings on baked foods	Soups (e.g. consommés)
Lemon butter	Sushi
Lollies and confectionery (e.g. caramel)	Vegetarian meat substitutes
	Waffles
	Wine (fined with egg)

***This is not a complete list of ingredients and foods to avoid but is intended as a helpful aid for living with egg allergy. It is NOT meant to replace medical advice given by your doctor.**

FOOD ALLERGY SAFETY

Avoidance of the food allergen is crucial if you are food allergic. There are many strategies you can put in place to help reduce the risk of an allergic reaction including anaphylaxis.

When eating away from home:

- Plan ahead; educate those around you.
- Tell wait staff and/or food preparation staff about your food allergy. When you tell wait staff about your allergy, consider giving them an A&AA Chef Card, a helpful tool to help you communicate your allergy. Scan the QR code below for Chef Card information.
- Have an appropriate snack available when you go out. If you are hungry, you will be more tempted to take a risk with a non-labelled food purchase.
- Do not share food.
- Do not share straws, cups, cutlery and other food utensils.
- ALWAYS have your ASCIA Action Plan for Anaphylaxis and your adrenaline injector with you. No Adrenaline = No Eat!

When buying packaged food:

- Always read the ingredient list on the food label, even if the product has been purchased and eaten safely before.
- If there is no label and you cannot access clear information on food content, do not eat the food.
- Call food manufacturers and ask about food ingredients if you are unsure about a product.
- Note: Warning statements such as "May contain..." are voluntary.
- Australian labelling requires all common allergens to be listed on the food label.

Allergens found in other products:

- Check cosmetics, lotions, shampoos, soaps, moisturisers and products used on the skin for food allergens.
- Check medications (prescribed and over the counter), supplements, herbal medicines and alternate therapies for food allergens.
- Check pet food for food allergens (e.g. bird seed for peanut and tree nuts, cat food for fish).



**Scan the QR code for more information
or call 1300 728 000 or visit
www.allergyfacts.org.au**



**Allergy & Anaphylaxis
Australia**
Your trusted charity for allergy support