

EGG Allergen Card



Ingredients to avoid if you are allergic to egg*:

Albumin
Avidin
Binder
Dried eggs
Egg
Egg solids
Egg substitutes (some)
Egg white
Egg white solids
Egg yolk
Flavoproteins
Glaze (on baked goods)
Globulin
Imitation egg product
Livetin
Lysozyme
Meringue mix
Ovalbumin
Ovglycoprotein
Ovomucoid
Ovomuxiod
Powdered egg

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*This is not a complete or comprehensive list of ingredients 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.

Remember: Cosmetics, lotions, shampoos, moisturisers and the like can contain food allergens. Some medications (prescribed and over the counter) and alternate therapies can also contain food allergens.

Products which might contain egg include:

Baked products
Battered foods
Biscuits
Cakes (eg sponge, angel)
Confectionary
Crumbed foods
Custards
Doughnuts
Drink mixes
Frittatas
Fritters
Frozen desserts
Glazed foods
Icing on cakes
Macaroons
Malted drinks
Marshmallow
Marzipan
Mayonnaise
Meat loaf/hamburgers
Meringue
Mousse
Naan bread
Noodles
Nougat
Omelettes
Pasta
Pastries
Pavlovas
Pizzas
Quiche
Quick breads
Rissoles
Salad dressings
Sauces (eg Hollandaise)
Soufflés
Soups
Sushi
Sweets/lollies
Vegetarian meat substitutes (eg vegetarian sausages)
Waffles

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