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## EGG AVOIDANCE

**It is important to read all ingredient labels to identify foods that contain egg.** All manufactured food products that contain egg as an ingredient are required by US law to **list the word “Egg” on the product label.**

**AVOID** foods that contain any of these ingredients:

Albumin	Lysozyme (used in Europe)
Egg (white, yolk, dried, lecithin, powdered, solids)	Mayonnaise
Egg substitutes	Meringue
Eggnog	Ovalbumin
Egg noodles	Ovovitellin
Globulin	

**Foods that often contain egg:**

- Egg may be found in many products such as baked goods, breaded foods, cream fillings, custards, candies, canned soups, casseroles, eggnog, frostings, ice creams, lollipops, marshmallows, marzipan, nougat, pastas, salad dressings, and meat-based dishes such as meatballs or meatloaf.
- Egg whites and shells may be used as clarifying agents in soup stocks, consommés, bouillon’s, wine, and coffees.

**Look out for:**

- Cross contact – Cross contact occurs when safe foods come in contact with egg. This can happen through shared cooking utensils, surfaces, frying oils or not keeping safe foods separate from those made with egg. Avoid cross contact by washing everything well with soap and water.
- A shiny glaze on baked goods may be an “egg wash”
- Most “egg substitutes” contain egg
- Relevant amounts of egg protein may be in certain yearly flu vaccines, though not in the MMR. Ask your doctor about egg in vaccines or medications.
- Egg may be found in cosmetics, nutrition supplements, medicines, and pet foods.

**Usually safe:**

- Lecithin from soy does not contain egg.
- See “Preparing Allergen Safe Meals in the Home”, for safe egg replacers.

**Read product labels carefully before buying or eating any item.**

## RESOURCES

-This program has additional information sheets that you may find helpful

-Explore additional educational materials, for example, from Food Allergy Research & Education ([www.foodallergy.org](http://www.foodallergy.org))

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