

Living with allergy – eggs

Being allergic to eggs means following an egg-free diet.

Egg is found in many foods including biscuits, cakes, pasta and other manufactured foods. While you should always check food labels, it may not always be obvious which ingredients contain egg.

Examples of how egg can appear on a food label

- Egg protein
- Dried egg
- Egg albumin
- Albumin
- E322
- Lysozyme
- Egg lecithin
- Egg yolk
- Egg white
- Fresh egg

Foods to be avoided

- All eggs including fried, boiled, scrambled, poached and omelettes
- Egg pasta
- Fresh pasta
- Mayonnaise
- Meringue
- Biscuits
- Cakes

Processed foods may contain egg, examples include:

- Meat or fish with a glaze or crumb
- Meat or fish in batter
- Manufactured meat such as burgers or sausages
- Meat dishes such as moussaka
- Noodles and pasta
- Pasta dishes
- Glazed breads for example French toast
- Manufactured vegetable dishes
- Salads or vegetable dishes with dressings
- Some fruit dishes
- Frosted fruit dishes
- Malted milk drinks
- Puddings, for example, bread and butter pudding, crème caramel
- Ice cream
- Pancakes
- Yorkshire puddings
- Stuffing for meat dishes
- Soups and sauces, for example, Hollandaise and salad creams
- Fried rice dishes
- Confectionary
- Marzipan
- Icing sugar

Further information on allergy is available from www.allergyai.com

These lists are guides – always check the individual labels.

If it's not labeled, it is safer to avoid the food.