

Egg Allergy Avoidance List

Hidden Names for Egg

Compiled by Debra A. Indorato RD, LDN, member of KFA's Medical Advisory Team

Foods covered by the FDA labeling laws that contain eggs must be labeled in plain English to declare that it "contains eggs." However, there are many foods and products that are not covered by FDA allergen labeling laws, so it is still important to know how to read a label for egg ingredients.

Products exempt from plain English labeling rules: foods that are not regulated by the FDA (tinyurl.com/KFA-FALCPA), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.



CONTAIN EGG

The following ingredients found on a label indicate the presence of egg protein. All labels should be read carefully before consuming a product, even if it has been used safely in the past.

Albumin

Apovitellin

**Cholesterol free egg substitute
(e.g. Eggbeaters®)**

Dried egg solids, dried egg

Egg, egg white, egg yolk

Egg wash

Eggnog

Fat substitutes

Globulin

Livetin

Lysozyme

Mayonnaise

Meringue, meringue powder

Ovalbumin

Ovoglobulin

Ovomucin

Ovomucoid

Ovotransferrin

Ovovitelia

Ovovitellin

Powdered eggs

Silici albuminate

Simplese

Surimi

Trailblazer

Vitellin

Whole egg

MAY CONTAIN EGG

Artificial flavoring

Baked goods

Lecithin

Natural flavoring

Nougat

Pasta

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For more detailed information and a list of resources, please visit KidsWithFoodAllergies.org.

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TAKE ALL FOOD ALLERGIES SERIOUSLY ■ TRACE AMOUNTS OF FOOD CAN CAUSE A REACTION

The following ingredients found on a label indicate the presence of egg. All labels should be read carefully before consuming a product, even if it has been used safely in the past. Print and share copies of this list to assist people who shop or label read for your egg allergic child.

Products exempt from plain English labeling rules: foods that are not regulated by the FDA (tinyurl.com/KFA-FALCPA), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.

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