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## EGG ALLERGY

Egg allergy can be:

1. to all forms of egg (well cooked, loosely cooked and raw)
2. only to loosely cooked and raw egg

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You only need to avoid the forms of egg that you react to.

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### Classification of egg containing foods

Well cooked egg	Loosely cooked egg	Raw egg
Cakes		Fresh Mousse
Biscuits	Meringues	Fresh Mayonnaise
Dried egg pasta	Lemon curd	Fresh Ice cream
Egg in sausages prepared meat dishes	Quiche	Sorbet
fresh egg pasta boiled for over 10 minutes	Scrambled egg	Royal icing (both fresh & powdered icing sugar)
Egg glaze on pastry	Boiled egg	Horseradish sauce
Sponge fingers	Fried egg	Tartar sauce
Quorn	Omelette	Raw egg in cake mix and other dishes awaiting cooking (Children of all ages love to taste!)
Nougat, milky way, mars bar, chewitts	Poached egg	'Frico' edam cheese or other cheeses containing egg white lysozyme.
Egg in some gravy granules	Egg in batter	The fondant icing inside a Cadbury's cream egg
	Egg in breadcrumbs	
	Hollandaise sauce	
	Egg custard	
	Pancakes and Yorkshire pudding – some patients who can eat well cooked egg can tolerate these but it depends on how well cooked they are and if they contain any 'sticky' batter inside	
	Bread & butter pudding	

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Add any other foods to this table that you are able to tolerate.

**This is only a guide.** Do check ingredients to ensure that you are:

- not excluding foods that are egg free
- not eating foods that contain egg

It is easy to avoid eggs that are served on their own when they look like an egg; however they are often disguised in prepared and manufactured foods.

### **Labelling**

Since November 2005, manufactured pre-packaged foods sold within the European Union have been required by Law to list egg in the ingredients panel where it is a component of the product, however tiny the amount.

This means that if a product contains egg or any of the following egg derivatives the product will have to be labelled accordingly. Outside the EU labelling may not be as clear, so use the following list to help you when reading food labels.

**Egg/fresh egg (including those from all birds)**

**Egg powder, dried egg, frozen egg, pasturised egg**

**Egg proteins (Albumin, ovalbumin, globulin, ovoglobulin, livetin, ovomucin, vitellin, ovovitellin)**

**Egg white, egg yolk**

**Egg lecithin (E322)**

### **Manufactured products likely to contain egg include:**

Quiche and flans (fruit and savoury), cakes, (sponges and sponge fingers, trifle) some biscuits, choux pastry, pancakes, Yorkshire pudding, batter, meringues, lemon curd, some marshmallows, waffles, some confectionery, egg pasta, egg noodles, egg fried rice, pate, processed meats, sausages, processed fish and chicken products, mayonnaise, quorn products, marzipan and royal icing, ice cream, mousses, doughnuts, pies, Chocolate bars (eg Mars Bar, Snickers, Wagon Wheel), custard tarts, egg custard, cream caramels, pastry could be glazed with egg.

Vegetable burgers and other vegetarian products need checking.

*Do read food labels as there are some items on the above list that may be egg free.*

Some foods do not have a label eg delicatessen, bakery & butchery products. These foods should be avoided. This is particularly important if they are sold loose, as they may have been contaminated with egg by cross contamination.

### **Free from lists**

Manufacturers and supermarkets produce a list of own brand products that are free from egg. These are available free of charge. They will help you to identify which foods are safe to eat and should make your diet more interesting and nutritious.

**REMEMBER TO READ THE FOOD LABELS EVERY TIME AS INGREDIENTS OFTEN CHANGE.**

### **Non-food items containing egg**

These can be identified by reading the ingredients label. By law cosmetics, toiletries, perfumes and medications include a list of ingredients on their packaging. Where the labelling is in Latin, the words you need to look for are OVUM or OVO. However only avoid these if they caused irritation.

### **Egg Replacers**

Have no nutritional value but are useful in cooking. Some whole egg replacers are available on prescription (ask your GP). Whole egg replacers and egg white replacers can also be purchased from your pharmacist or health food shop.

<u>Whole egg replacers</u>	Whole egg replacer (Allergycare) Ener-G egg replacer (General Dietary) Loprofin egg replacer (SHS) No-egg replacer (Orgran)
<u>Egg White replacer</u>	Loprofin egg white replacer (SHS)

### **Egg free substitute foods**

These are available from healthfood shops some supermarkets and [www.goodnessdirect.co.uk](http://www.goodnessdirect.co.uk)

egg free mayonnaise (6 flavours)  
egg free cakes & muffins  
egg free omelette mix

### **Recipes/baking**

- Recipes can be adapted using egg replacers or other ingredients
- Vegan recipes are all egg free by definition – invest in a vegan cookbook or get some recipes from the Vegan Society or a vegan website eg [www.veganvillage.co.uk](http://www.veganvillage.co.uk)
- Egg free cookery books are available or try [www.egglesscooking.com](http://www.egglesscooking.com) or [www.allergycooks.co.uk](http://www.allergycooks.co.uk)
- Adapt cake, muffin and other baking recipes by using either egg replacers or a teaspoon of baking powder in place of each egg

### **Egg allergy and medication**

Certain medicines may contain traces of egg and should therefore be avoided if you are allergic to egg. These are the **yellow fever vaccine** and the **influenza (flu) vaccine**. Many people ask if the MMR (measles, mumps and rubella) vaccine should be given to those with egg allergy. This is considered to be safe but any concerns should be discussed with a specialist.

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