

Egg-Free Diet

All FDA-regulated manufactured food products that contain egg as an ingredient are required by U.S. law to list the word "egg" on the product label.

Avoid foods that contain eggs or any of these ingredients:

- Albumin / albumen
- Egg (dried, powdered, solids, white, yolk)
- Egg nog
- Lysozyme
- Mayonnaise
- Meringue or meringue powder
- Ovalbumin

Egg is sometimes found in the following:

- Baked goods
- Egg substitutes
- Lecithin
- Macaroni
- Marzipan
- Marshmallows
- Nougat
- Pasta

Keep the following in mind:

- Individuals with an egg allergy should also avoid eggs from duck, turkey, goose, quail, etc. because these are known to be cross-reactive with chicken egg.

Reference: Food Allergy & Anaphylaxis Network (www.foodallergy.org)