

# EGG Allergen Card



## Ingredients to avoid if you are allergic to egg\*:

Albumin  
Avidin  
Binder  
Dried eggs  
Egg  
Egg solids  
Egg substitutes (some)  
Egg white  
Egg white solids  
Egg yolk  
Flavoproteins  
Glaze (on baked goods)  
Globulin  
Imitation egg product  
Livetin  
Lysozyme  
Meringue mix  
Ovalbumin  
Ovglycoprotein  
Ovomucoid  
Ovomuxiod  
Powdered egg

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\*This is not a complete or comprehensive list of ingredients to avoid but is intended as a helpful aid for living with egg allergy. It is NOT meant to replace medical advice given by your doctor.

Remember: Cosmetics, lotions, shampoos, moisturisers and the like can contain food allergens. Some medications (prescribed and over the counter) and alternate therapies can also contain food allergens.

## Products which might contain egg include:

Baked products  
Battered foods  
Biscuits  
Cakes (eg sponge, angel)  
Confectionary  
Crumbed foods  
Custards  
Doughnuts  
Drink mixes  
Frittatas  
Fritters  
Frozen desserts  
Glazed foods  
Icing on cakes  
Macaroons  
Malted drinks  
Marshmallow  
Marzipan  
Mayonnaise  
Meat loaf/hamburgers  
Meringue  
Mousse  
Naan bread  
Noodles  
Nougat  
Omelettes  
Pasta  
Pastries  
Pavlovas  
Pizzas  
Quiche  
Quick breads  
Rissoles  
Salad dressings  
Sauces (eg Hollandaise)  
Soufflés  
Soups  
Sushi  
Sweets/lollies  
Vegetarian meat substitutes (eg vegetarian sausages)  
Waffles

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