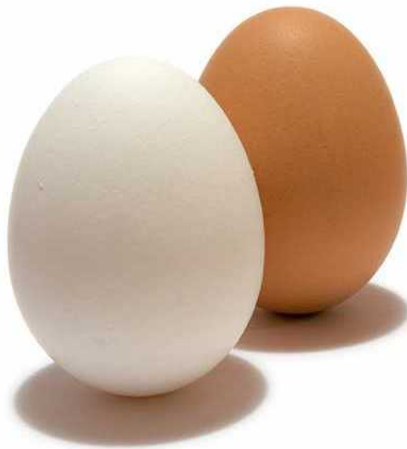




# Eggs



## Quick Facts

- Eggs have two allergenic parts, the yolk and/or the white.
- Eggs are considered a priority allergen by Health Canada.

## Be Allergy-Aware

- Read ingredient labels every time you buy or eat a product.
- Do the Triple Check and read the label:
  - Once at the store before buying it.
  - Once when you get home and put it away.
  - Again before you serve or eat the product.
- Always carry your epinephrine auto-injector.
- For tips on eating out, visit our guide for dining out with food allergies.
- Check with manufacturers directly to see if the product is safe for you even if your allergen is not listed on the ingredient list.
- Be careful when buying products from abroad, since labelling rules differ from country to country.

## Other names for eggs

- Albumin/Albumen
- Conalbumin
- Egg substitutes such as Egg Beaters™
- Eggnog
- Globulin
- Livetin
- Lysozyme
- Meringue
- Ovalbumin
- Ovoglobulin
- Ovolactohydrolyze proteins
- Ovomacroglobulin

- Ovomucin, ovomucoid
- Ovotransferrin
- Ovovitellin
- Silico-albuminate
- Simplese® (fat replacer)
- Vitellin

### **Possible sources of eggs**

- Alcoholic cocktails/drinks
- Baby food
- Baked goods and baking mixes
- Battered/fried foods
- Candy, chocolate
- Cream-filled pies
- Creamy dressings, salad dressings, spreads
- Desserts
- Egg/fat substitutes
- Fish mixtures
- Foam milk topping on coffee
- Homemade root beer, malt drink mixes
- Icing, glazes such as egg washes
- Lecithin
- Meat mixtures such as hamburgers, hot dogs, meatballs, meatloaf
- Pasta
- Quiche, soufflé
- Sauces such as Béarnaise, Hollandaise, Newburg
- Soups, broths, bouillons

### **Non-food sources of eggs**

- Anaesthetic such as Diprivan®
- Certain vaccines
- Craft materials, including some paints
- Hair care products
- Medications

### **To Report a Reaction**

If you believe you may have reacted to an allergen not listed on the packaging, you can report it to the Canadian Food Inspection Agency, which may issue a product recall. Find out more on our Food Labelling page at [www.foodallergycanada.ca](http://www.foodallergycanada.ca).