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
• Simplesse® (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.