

Egg



Leaflet #3



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Eggs from all birds are included in this category.

Whether from chickens, ducks, quail, geese or ostrich, they all contain the same proteins, which have the potential to cause an allergic reaction.

Contrary to a common thought, they are NOT dairy products.

Eggs will be used in cakes, pastries, and sauces; it is not unheard of to mix the yolk into mashed potatoes. Some people are allergic only to either the white or the yolk, not the whole egg, so it is important to differentiate between them.

For example, someone may be able to eat meringue and not mayonnaise, whilst another person may be able to eat mayonnaise and not meringue.

This is another reason that information about ingredients is paramount.

Ask your doctor

We do not give medical advice.

Please always speak to your medical practitioner for advice if you suspect an allergic reaction, or are worried that you, or a family member, may have an allergy.

Other names to look for:

- Dried egg
- Whole egg
- Egg powder
- Egg white
- Egg yolk
- Lecithin E322 (egg or soya)
- Lysozyme E1105 (egg or soya)
- Pasteurized egg
- Frozen egg
- Egg protein
- Egg albumin
- Ovalbumin
- Globulin/Ovoglobulin
- Livetin
- Ovomucin
- Vitellin/Ovovitellin