



## Egg-Free Diet

Note: For your convenience, the following list is available on a sturdy wallet-sized plastic card from the Food Allergy & Anaphylaxis Network. The price is \$2.00 shipping and handling. Call (800) 929-4040 to order.

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 ( <i>also spelled albumen</i> )	mayonnaise
egg ( <i>dried, powdered, solids, white, yolk</i> )	meringue ( <i>meringue powder</i> )
eggnog	ovalbumin
lysozyme	

**Egg is sometimes found in the following:**

baked goods	Marzipan
egg substitutes	marshmallows
lecithin	nougat
macaroni	pasta

**Keep the following in mind:**

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

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