

Egg allergy

Egg allergy is a common food allergy. Most children will grow out of their egg allergy by around three years of age. Children with an egg allergy need to avoid egg in their diet.

In Australia food manufacturers must state the presence of egg in a product. Carefully check the labels of any foods that you buy for the presence of egg in the ingredient list. Check every time, even if you have bought that product before. The ingredient lists should be used as a guide only as food products can change. Check with the manufacturer if you are not sure.

Avoid these foods:

- > eggs
- > french toast
- > scampi fries
- > eggnog
- > soufflés
- > omelettes
- > quiche
- > meringues
- > frittata
- > egg noodles
- > pavlova
- > quiche

Avoid these ingredients:

The following label names indicate the presence of egg.

- > egg
- > egg white
- > egg yolk
- > egg powder
- > egg protein
- > dried egg
- > egg lecithin
- > egg solids
- > meringue mix
- > albumin
- > apovitellin
- > ovomucin
- > ovalbumin
- > ovomucoid
- > ovmuxoid
- > ovglycoprotein
- > ovovitellin
- > vitellin
- > simplesse
- > globulin
- > avidin
- > livetin
- > silici albuminate
- > lysozyme
- > flavoproteins

Additive lecithin (322) may be made from egg. In most children with egg allergy this additive is tolerated.

Check these foods:

The following foods may contain egg (check labels carefully).

- > cakes, muffins, cake mixes
- > buns, buns, donuts, pastries, biscuits
- > pancakes, puddings, mousses
- > ice cream, soft serve, gelati, sorbet, custard
- > processed meats meat loaf, meat balls
- > egg mayonnaise, coleslaw dressing
- > hollandaise sauce, tartar sauce
- > sauces and salad dressings
- > fish or meat patties
- > lasagne, fresh pasta
- > crumbed or battered foods
- > health food and fruit bars
- > marzipan and some lollies

Eggs may also be used to glaze some foods. Egg used for glazing may not be listed on the labels of these foods. Be careful of shiny baked goods, such as bread rolls, buns, and pretzels.

Eating out

If your child has a food allergy there is no reason why you should not enjoy eating out.

If your child needs emergency medication (eg an EpiPen) they should not eat out unless they have their medication with them.

Order simple dishes such as grilled meats without sauces, steamed vegetables and potato. Fresh fruit is a good option for dessert. Always check with the staff about the ingredients in the dish you want to order. If you are unsure about the ingredients in a dish do not order it.

Cooking without eggs

You can substitute the following mixture for one egg in recipes:

1½ tablespoons water + 1½ tablespoons oil + 1 teaspoon baking powder

Commercial egg replacers, such as 'Egg-Like' (Country Harvest) and 'No Egg' (Organ) may be used for baking cakes and muffins. They are available from supermarkets and health food shops.

Is egg allergy life long?

Most children will grow out of their egg allergy by around three years of age. As your child gets older, it is important to have regular check ups with the allergy doctor. The doctor will check if the egg allergy is still present.

More information

- > Anaphylaxis Australia: www.allergyfacts.org.au
- > Australasian Society of Clinical Immunology and Allergy (ASCIA) website: www.allergy.org.au

Children, Youth and Women's Health Service
Nutrition Department
72 King William Road
North Adelaide SA 5006
Telephone: (08) 8161 7233

