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## Egg Allergy

Egg is one of the most common causes of food allergy in infants and young children. The egg is made up of several proteins, many of which can be highly allergenic.

### General Guidelines:

1. Read all labels carefully
2. Eggs may be labeled as to the function it may perform such as binder, emulsifier or coagulant
3. Cosmetics, shampoos, laxatives, and pharmaceuticals may contain egg proteins; always read the product label.
4. Be aware of alternative names used for eggs: Albumin, livetin, lysozyme, ovalbumin, ovoglobulin, ovomucin, ovomucoid, ovotransferrin, ovovitelia, ovovitellin, silici albuminate, simplese and vitellin.
5. Some products may be brushed with egg, for example, pretzels, bagels, buns, candy or other baked goods.

### Avoid:

Chicken eggs, French toast, pancakes, waffles, custard, fondants, eggnog, vegetable dishes prepared with egg, egg noodles, various candies and cookies, soufflés, salad dressings, Hollandaise sauce, ice cream and other desserts, Bearnaise, pasta made with egg foyot, soup made with egg or egg noodles, meringues, boiled frostings, cream fillings, egg substitutes, breakfast cereals, mayonnaise, cake flour, root bear, croquettes, macaroons, baked products, pudding, tartar sauce, cheese products and some wines.

Many processed meats, hot dogs, sausages, meatloaf and breaded meats contain egg. Some beverages or formulas may also contain egg or powdered egg.

### Sources:

"Food Allergies and Adverse Reactions," by Judy Perkins, 1990

[www.foodallergy.org](http://www.foodallergy.org)

[www.allergies.about.com](http://www.allergies.about.com)

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