



Egg Free Diet Guide

Ingredients to avoid:

Albumin	Apovitellin
Cholesterol-free egg substitute	Egg
Egg Nog	Egg powder
Egg whites, all forms	Globulin
Livetin	Lysozyme
Mayonnaise	Meringue (meringue powder)
Ovalbumin	Ovoglobulin
Ovomucin	Ovomucoid
Ovovitellin	Simplese
Surumi	Caviar

Eggs are sometimes found in the following:

Baked goods, Egg substitutes, Lecithin, Marzipan, Marshmallows, Nougat, Pasta

Some Unexpected Sources of Egg*

- Eggs have been used to create the foam or topping on specialty coffee drinks and are used in some bar drinks.
- Some commercial brands of egg substitutes contain egg whites.
- Most commercially processed cooked pastas (including those used in prepared foods such as soup) contain egg or are processed on equipment shared with egg-containing pastas. Boxed, dry pastas are usually egg-free, but may be processed on equipment that is also used for egg-containing products. Fresh pasta is sometimes egg-free, too. Read the label or ask about ingredients before eating pasta.
- Egg wash is sometimes used on pretzels before they are dipped in salt.

**Note: This list highlights examples of where eggs have been unexpectedly found (e.g., on a food label for a specific product, in a restaurant meal, in creative cookery). This list does not imply that eggs are always present in these foods; it is intended to serve as a reminder to always read the label and ask questions about ingredients before eating a food that you have not prepared yourself.*

Keep the following in mind:

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