

Egg Allergy

In addition to the general information about food allergies, here are some issues that people with an egg allergy should know about.

Raw and cooked eggs

Some people with a mild egg allergy can safely eat small amounts of cooked eggs, but have reactions to raw eggs. Although cooking can alter the structure of egg protein, some of the allergenic proteins are heat stable, so cooked eggs can still trigger reactions. Consult your allergist before trying any new foods that contain eggs.

Outgrowing an egg allergy

Studies show that for many children with an egg allergy, the allergy will disappear within a few years. For some, however, severe egg allergy can be a life-long condition. Consult your allergist before reintroducing your child to egg products.

Read the labels

If you're allergic to eggs, the only way to avoid a reaction is to avoid all food and products that contain egg and egg derivatives. Don't eat a food or product if the label has precautionary statements such as "may contain eggs". Read ingredient lists carefully and learn to identify other names for eggs, such as albumin. Do not consume a food or product if there is no ingredient list or if there is a risk that the product might have been in contact with eggs. If there is not enough information to make a decision, you can always call to ask the company or speak to a knowledgeable person at a restaurant or at the point of purchase.

Egg in chicken meat

Eggs are sometimes present in the bodies of slaughtered mature female birds. Although processes such as rinsing and water-chilling help to remove traces of egg, tests have shown that residual amounts can remain in and on the carcasses of mature poultry and, therefore, in products made from mature poultry. As a result, people with a severe egg allergy have had reactions after consuming processed chicken products containing mature poultry meat. Before consuming products containing poultry meat, review labels carefully for precautionary statements warning about the possible presence of egg.



Sources of egg

The proteins in eggs from chickens are very similar to those found in eggs from ducks, geese, quails and other types of eggs. Therefore, people who are allergic to eggs from chickens may also experience reactions to the eggs from other species. Consult your allergist before consuming eggs or products made from the eggs of ducks, geese, quail and other types of eggs.

Other names for eggs

Albumin, albumen
Conalbumin
Egg substitutes, for example, Egg Beaters
Globulin
Livetin
Lysozyme
Ovo (means egg), for example, ovalbumin, ovomucin, ovotransferrin
Silico-albuminate
Vitellin

Food and products that contain or often contain eggs

Baked goods (including some type of breads) and baking mixes
Battered and fried foods
Cream-filled desserts, for example, custards, meringues, puddings and ice creams
Egg and fat substitutes
Fat replacers, for example, Simplese
Lecithin
Mayonnaise
Meat products with fillers, for example, meatballs and meatloaf
Nougats, marzipan candy
Pasta (fresh pasta, some types of dry pasta for example, egg noodles)
Quiche, soufflé
Salad dressings, creamy dressings
Sauces, for example, Béarnaise, hollandaise, Newburg, tartar



Other possible sources of eggs

Alcoholic cocktails and drinks, for example, eggnog and whiskey sours
Fish mixtures, for example, surimi (used in imitation crab and lobster meat)
Foam and milk toppings on coffee
Homemade root beer mixes and malt-drink mixes
Icing, glazes
Meat products with fillers, for example, preprepared hamburger patties, hotdogs and cold cuts
Soups, broths and bouillons

Non-food sources of egg

Anesthetic, for example, Diprivan (propofol)
Craft materials
Hair-care products
Medications
Some vaccines, for example, MMR (measles, mumps and rubella)

Vaccines

Influenza vaccines are grown on egg embryos and may contain traces of egg protein. Consult your allergist before getting a flu shot. Although the MMR (measles, mumps and rubella) vaccine may also contain egg protein, it is generally considered safe for children. Again, consult your allergist.