



## Egg Allergy Avoidance List

Hidden names for egg protein

Effective January 1, 2006, foods covered by the FDA labeling laws that contain egg must be labeled in plain English to declare that it “contains egg.” However, there are many foods and products that are not covered by FDA allergen labeling laws, so it is still important to know how to read a label for egg ingredients.

*Products exempt from plain English labeling rules: [foods that are not regulated by the FDA](#), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.*

The following ingredients found on a label indicate the presence of egg protein. All labels should be read carefully before consuming a product, even if it has been used safely in the past.

### **Contain egg:**

Albumin  
Apovitellin  
Cholesterol free egg substitute (e.g. Eggbeaters®)  
Dried egg solids, dried egg  
Egg, egg white, egg yolk  
Egg wash  
Eggnog  
Fat substitutes  
Globulin  
Livetin  
Lysozyme  
Mayonnaise  
Meringue, meringue powder



Ovalbumin  
Ovoglobulin  
Ovomucin  
Ovomucoid  
Ovotransferrin  
Ovovitelia  
Ovovitellin  
Powdered eggs  
Silici albuminate  
Simplese  
Trailblazer  
Vitellin  
Whole egg

### **May contain egg:**

Artificial flavoring  
Lecithin  
Natural flavoring  
Nougat

[Print travel-size cards to help you read labels for egg allergy](#)

*Compiled by Debra A. Indorato R.D., L.D.N., member of KFA's Medical Advisory Team.  
Approved by KFA's Medical Advisory Team January 2006.  
Revised July 2007 and October 2009.*

Copyright © 2009. All rights reserved.