



EGG ALLERGY Chef Cards

Take all food allergies seriously. • Read all ingredient labels.

Egg can appear on food labels under many different names. To avoid egg in foods and other products, it helps to learn the different names of egg. If you see these ingredients on a label or menu, it means it contains egg protein and is not safe for someone with egg allergy. If the product is regulated by the Food and Drug Administration (FDA), the word "egg" must appear on the label.

When you eat out, use these chef cards to let the restaurant staff know how to help you avoid allergic reactions to egg.

I have a egg allergy!
I must avoid all foods that contain egg.

Contains Egg

Albumin	Fat substitutes	Ovotransferrin
Apovitellin	Globulin	Ovovitella
Cholesterol-free egg substitute (e.g., Eggbeaters®)	Livetin	Ovovitellin
Dried egg solids, dried egg	Lysozyme	Powdered eggs
Egg, egg white, egg yolk, egg solids	Mayonnaise	Silici albuminate
Egg wash	Meringue, meringue powder	Simplese
Eggnog	Ovalbumin	Surimi
	Ovoglobulin	Trailblazer
	Ovomucin	Vitellin
	Ovomucoid	Whole egg

Egg is Sometimes Found in

Artificial crab meat	Egg substitutes	Nougat
Baked goods*	Hollandaise sauce	Pasta
Batter for fried foods	Ice cream	Pretzels
Breakfast foods	Lecithin	Salad dressings
Breads and crackers	Marzipan	Sorbet
Consommé	Mayonnaise	Souffles
Custard	Meatloaf, meatballs	Tortillas

Please check all foods for the ingredients on this card, including cooking oils, marinades, sauces, and seasonings. Use separate and clean utensils, equipment, surfaces, and gloves.

KFA Kids with Food Allergies For more detailed information and a list of resources, please visit: kidswithfoodallergies.org/egg
Copyright ©2014, Kids with Food Allergies, A Division of the Asthma and Allergy Foundation of America, all rights reserved. Rev. December 2022

I have a egg allergy!
I must avoid all foods that contain egg.

Contains Egg

Albumin	Fat substitutes	Ovotransferrin
Apovitellin	Globulin	Ovovitella
Cholesterol-free egg substitute (e.g., Eggbeaters®)	Livetin	Ovovitellin
Dried egg solids, dried egg	Lysozyme	Powdered eggs
Egg, egg white, egg yolk, egg solids	Mayonnaise	Silici albuminate
Egg wash	Meringue, meringue powder	Simplese
Eggnog	Ovalbumin	Surimi
	Ovoglobulin	Trailblazer
	Ovomucin	Vitellin
	Ovomucoid	Whole egg

Egg is Sometimes Found in

Artificial crab meat	Egg substitutes	Nougat
Baked goods*	Hollandaise sauce	Pasta
Batter for fried foods	Ice cream	Pretzels
Breakfast foods	Lecithin	Salad dressings
Breads and crackers	Marzipan	Sorbet
Consommé	Mayonnaise	Souffles
Custard	Meatloaf, meatballs	Tortillas

Please check all foods for the ingredients on this card, including cooking oils, marinades, sauces, and seasonings. Use separate and clean utensils, equipment, surfaces, and gloves.

KFA Kids with Food Allergies For more detailed information and a list of resources, please visit: kidswithfoodallergies.org/egg
Copyright ©2014, Kids with Food Allergies, A Division of the Asthma and Allergy Foundation of America, all rights reserved. Rev. December 2022

CHEF: FOOD ALLERGY ALERT

I have food allergies!
In order for me to avoid an allergic reaction, I **must avoid** all food that contain:

<input type="checkbox"/> Milk	<input type="checkbox"/> Egg	Other Allergens: _____
<input type="checkbox"/> Peanut	<input type="checkbox"/> Tree Nuts	_____
<input type="checkbox"/> Wheat	<input type="checkbox"/> Gluten	_____
<input type="checkbox"/> Sesame	<input type="checkbox"/> Soy	_____
<input type="checkbox"/> Fish	<input type="checkbox"/> Shellfish	_____

Before preparing my food, please take these steps to help keep me safe. I appreciate you!

- Read labels to look for the allergens listed on the front of this card. Please check all foods including cooking oils, marinades, sauces and seasonings.
- Please use separate and clean utensils, equipment and surfaces to prepare my meal.
- Wash hands with soapy water and change gloves.

KFA Kids with Food Allergies For more detailed information and a list of resources, please visit: kidswithfoodallergies.org
Copyright ©2021, Kids with Food Allergies, A Division of the Asthma and Allergy Foundation of America, all rights reserved.



For more information and other resources, please visit: kidswithfoodallergies.org/egg

Copyright © 2022, Kids with Food Allergies, a division of the Asthma and Allergy Foundation of America (AAFA), all rights reserved. First Edition 2014 | Medical Review December 2022 | Revised Edition December 2022

