

# A Guide to Managing EGG ALLERGY



Egg allergy is the second most common allergy in infants and young children. About one out of every 100 children has egg allergy.<sup>1</sup>

Egg white is the part of the egg that causes most egg allergy reactions. But you can't separate the white from the yolk without traces of egg white protein getting on the yolk. It is best to remove both from your child's diet.

## What Are Symptoms of an Egg Allergy?

When you have an egg allergy, you need to be aware of the symptoms of anaphylaxis. Symptoms of anaphylaxis may include hives, vomiting, or trouble breathing. The first-line treatment for anaphylaxis is injectable epinephrine.

### Common signs and symptoms of anaphylaxis in children, teens, and adults:

- Skin rash, itching, hives
- Swelling of the lips, tongue, or throat
- Shortness of breath, trouble breathing, wheezing (whistling sound during breathing)
- Stomach pain, vomiting, or diarrhea
- Uterine cramps
- Feeling like something awful is about to happen

### Common signs and symptoms of anaphylaxis in infants and toddlers:<sup>2</sup>

- Skin rash, itching, hives
- Swelling of the lips, tongue, or throat; ear pulling, scratching or putting fingers in ears; tongue thrusting or pulling
- Coughing, wheezing, hoarse cry, noisy breathing, chest or neck tugging, nostril flaring
- Stomach pain, vomiting, diarrhea, spitting up, hiccups
- Arching back, bringing knees to the chest
- Rubbing eyes, itchy or red eyes



Kids with Food Allergies  
Asthma and Allergy Foundation of America

## How Can I Prevent Egg Allergy Reactions?

Egg is a common ingredient in many foods. Foods that may contain egg include breads and baked goods, sauces, pasta, casseroles, meat that is breaded, and so much more.

The only way to avoid an allergic reaction is to remove egg completely from your child's diet. But you can successfully manage your egg allergy.

What you can do:

- Work with your doctor
- Read labels
- Be aware of cross-contact (when foods come into contact with each other and may transfer an allergen into a food that shouldn't have it)
- Communicate clearly with school staff, people who prepare your child's food, and babysitters and other caregivers

### Reading Labels

By law, food companies must label their products clearly if they contain egg. The law requires companies to name the specific type of egg on the label.

When reading labels for egg, it may be in parentheses after an ingredient in the ingredient list. It could also be in a statement under the ingredient list. Sometimes it will be in **bold**.

For example:

- Ovoglobulin (egg)
- Contains: Egg

Sometimes egg may appear in **bold** print in the ingredient list too. To avoid egg in foods and other products, it helps to learn the different names of egg.

Some foods and products do not have to follow the allergy label law and may contain egg:

- Arts and crafts supplies
- Prescription and over-the-counter drugs
- Cosmetics and personal care items (such as, makeup, lotions, and soaps)
- Alcohol
- Toys
- Pet food
- Food served in restaurants, cafeterias, or by other food service providers

Most states in the U.S. do not have regulations regarding food allergies and restaurants. Ingredients in restaurant foods may vary. Cross-contact is also more likely. Look for places that have food allergy policies and allergy menus. Give the staff a chef card that alerts them to your allergy and lists egg.



**If a food item does not have a label, you can't read it, or you have any doubts, don't eat it. Always read the entire label every time. Food companies may change their recipes.**

## Can My Child Eat Baked Egg?

Most children with egg allergy can eat small amounts of baked egg. This may allow a child to safely eat egg that is baked into foods, like muffins or breads. Some studies show that kids who tolerate eating baked eggs are more likely to outgrow their egg allergy.<sup>3</sup>

To find out if your child can eat baked egg, talk with your allergist.



Kids with Food Allergies has many resources to help you manage food allergies. Search our Safe Eats® Allergy-Friendly Recipes Collection of almost 1,500 member-submitted recipes at: [kidswithfoodallergies.org/recipes](http://kidswithfoodallergies.org/recipes)

## Will My Child Outgrow Their Egg Allergy?

Around 50% of people with an egg allergy outgrow their allergy by age 6. About 70% will outgrow it by age 7.<sup>4</sup>

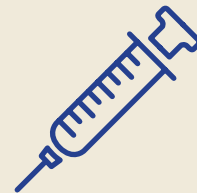
### References

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2. Pistiner, M., Mendez-Reyes, J. E., Eftekhari, S., Carver, M., Lieberman, J., Wang, J., & Camargo, C. A. (2021). Caregiver-reported presentation of severe food-induced allergic reactions in infants and toddlers. *The Journal of Allergy and Clinical Immunology: In Practice*, 9(1). <https://doi.org/10.1016/j.jaip.2020.11.005>
3. Leonard SA, Sampson HA, Sicherer SH, Noone S, Moshier EL, Godbold J, Nowak-Węgrzyn A. Dietary baked egg accelerates resolution of egg allergy in children. *J Allergy Clin Immunol*. 2012 Aug;130(2):473–80.e1. doi: 10.1016/j.jaci.2012.06.006. PMID: 22846751; PMCID: PMC3428057.
4. Sicherer, S. H., Wood, R. A., Vickery, B. P., Jones, S. M., Liu, A. H., Fleischer, D. M., Dawson, P., Mayer, L., Burks, A. W., Grishin, A., Stablein, D., & Sampson, H. A. (2014). The Natural History of Egg Allergy in an Observational Cohort. *The Journal of Allergy and Clinical Immunology*, 133(2), 492–499.e8. <https://doi.org/10.1016/j.jaci.2013.12.1041>



## Is There a Treatment for Egg Allergy?

Many allergists have been offering OIT treatment using foods in various forms, such as a liquid, flour, or the actual food itself. These methods are not approved by the FDA. Talk with your child's allergist about the most appropriate OIT option for your child. The FDA is looking at other food allergy treatments to fast track through the approval process to address this unmet need in the food allergy community.

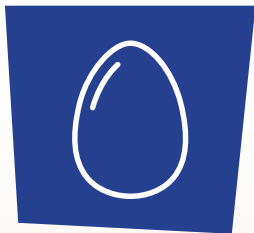


## Can My Child With an Egg Allergy Get a Flu Vaccine?

Yes. People who has or have had an egg allergy can get a flu vaccine. The amount of egg in a flu vaccine is so tiny that it is not likely to cause an allergic reaction.



Sign up for KFA's community to stay up to date on egg allergy news: [kidswithfoodallergies.org/join](http://kidswithfoodallergies.org/join)



# EGG INGREDIENT LIST



**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.**

## Contains Egg

**Albumin**

**Apovitellin**

**Cholesterol-free egg substitute (e.g., Eggbeaters®)**

**Dried egg solids, dried egg**

**Egg, egg white, egg yolk, egg solids**

**Egg wash**

**Eggnog**

**Fat substitutes**

**Globulin**

**Livetin**

**Lysozyme**

**Mayonnaise**

**Meringue, meringue powder**

**Ovalbumin**

**Ovoglobulin**

**Ovomucin**

**Ovomucoid**

**Ovotransferrin**

**Ovovitelia**

**Ovovitellin**

**Powdered eggs**

**Silici albuminate**

**Simplese**

**Surimi**

**Trailblazer**

**Vitellin**

**Whole egg**

## Egg Is Sometimes Found in

**Artificial crab meat**

**Artificial flavoring**

**Asian dishes (such as fried rice)**

**Baked goods\***

**Batter for fried foods**

**Breakfast foods (such as pancakes, waffles, French toast)**

**Breads (some may have an egg glaze; quick breads may contain eggs)**

**Chips**

**Consommé**

**Crackers**

**Custard**

**Egg substitutes**

**Hollandaise sauce**

**Ice cream**

**Lecithin**

**Marzipan**

**Marshmallows**

**Mayonnaise**

**Meatloaf, meatballs**

**Meringue or meringue powder**

**Natural flavoring**

**Nougat**

**Pasta**

**Pretzels**

**Salad dressings**

**Sorbet**

**Souffles**

**Specialty coffee drinks (such as coffees with foam like cappuccino)**

**Tortillas**

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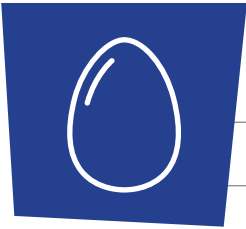
\*Baked egg – Some people with an egg allergy may be able to eat eggs in baked foods. To find out if your child can eat baked egg, talk with your allergist.



For more information and other resources, please visit: [kidswithfoodallergies.org/egg](http://kidswithfoodallergies.org/egg)

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# EGG ALLERGY Chef Cards

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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](http://kidswithfoodallergies.org/egg)  
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**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.

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