



WHAT IS AN EGG ALLERGY?

An **EGG ALLERGY** occurs when the immune system reacts negatively to the protein in egg whites or yolks.

WHERE IS EGG FOUND?

Egg may be found in a variety of food products, including, but not limited to: **CANDY, BATTERED** or **FRIED FOODS, DRESSINGS, ICING, PASTA** and **SOUPS**.

WHAT FOODS ARE EGG FREE?

Many foods are naturally egg-free, like *vegetables and fruits, meat and poultry, beans, seeds and nuts*, and most *dairy and grain products*.



The protein found in chicken eggs is also found in eggs from ducks, geese, quails and other birds. Therefore, people with a chicken egg allergy might also be allergic to other animal eggs.

CROSS-CONTAMINATION

Cross-contamination is when a small amount of a food allergen accidentally gets into another food. Foods can become contaminated with egg during **MANUFACTURING, PREPARATION** and/or **RETAIL**.

Even small amounts of egg can cause an allergic reaction. Look for **MAY CONTAIN** labels on products for a warning that cross-contamination may have occurred.



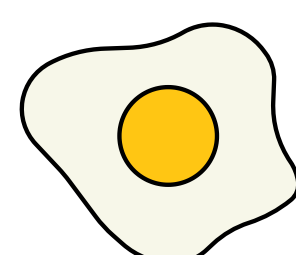
There are many names for eggs that could appear in an ingredient list. This includes albumin, meringue, lysozyme, egg substitutes, globulin and egg nog.

AVOIDING EGG IN YOUR DIET

- Read the **INGREDIENT LABEL** before buying or eating a product.
- **BE AWARE** of the many ways egg can appear on an ingredient list.
- Check with the **MANUFACTURER** if you are unsure if a food is safe to consume.
- Avoid **EGG-CONTAINING** or **CROSS-CONTAMINATED** foods completely even if you are only allergic to the egg white.



Egg allergies are most common in young children and infants. Most children outgrow this allergy by age 6.



For more information on egg allergies, visit <http://foodallergycanada.ca/allergies/egg>