

How to Read a Label for an Egg-Free Diet

All FDA-regulated manufactured food products that contain egg as an ingredient are required by U.S. law to list the word "egg" on the product label. Avoid foods that contain eggs or any of these ingredients:

- albumin (also spelled albumen)
- egg (dried, powdered, solids, white, yolk)
- eggnog
- globulin
- lysozyme
- mayonnaise
- meringue (meringue powder)
- ovalbumin
- ovovitellin
- surimi

Egg Is sometimes found in the following:

- baked goods
- egg substitutes
- lecithin
- macaroni
- marzipan
- marshmallows
- nougat
- pasta

For more information:

foodallergy.org/page/egg-allergy