Egg Sources and Hidden Sources

Eggs

The proteins in eggs from chickens are very similar to those found in eggs from ducks, geese, quails and other types of eggs. Therefore, people who are allergic to eggs from chickens may also experience reactions to the eggs from other species.

Other Common Names for Eggs

Manufacturers will often state on the packaging whether a product contains eggs or not but it is not a requirement so those seeking to avoid eggs need to look out for certain ingredients. These include:

- Albumin, albumen
- Apovitellenins
- Conalbumin
- Egg solids
- Egg white
- Egg yolk
- Dried eggs
- Globulin
- Lecithin
- Livetin
- Lysozyme
- Ova (means egg), for example: ovalbumin, ovoglobulin, ovomucin, ovomucoid, ovotransferrin, ovovitelin
- Phosvitin
- Powered egg
- Silico-albuminate
- Simplesse
- Surimi
- Vitellin

Food Sources of Eggs

Ingredients containing eggs are used widely in the food industry. Some of the foods that contain eggs are obvious but others are a lot less so. Following are some common foods that may contain eggs:

- Alcoholic cocktails and drinks - Ex: eggnog, whiskey sours, Baileys' Irish Cream
- Angel food cake
- Baked goods and bakery items (including some types of breads)
- Baking powder
- Batters for deep frying and batter fried foods
- Bavarian cream
- Cakes and cookies and candies
- Cake and other dessert mixes
- Cocoa drinks - Ex: hot chocolate and chocolate milk
- Consommé
- Cream pies and cream-filled desserts - Ex: custards, meringues, puddings
- Creamy dressings or dips
- Croquettes
- Dessert powders
- Doughnuts
- Dumplings
- Egg noodles
- Egg substitutes - Ex: Egg Beaters (made of egg whites)
- Fat substitutes and fat replacers - Ex: Simplesse
- Fish mixtures - Ex: surimi (used in imitation crab and lobster meat)
- Foam and milk toppings on coffee
- French Toast
- Fritters
- Glazed rolls
- Griddle cakes
- Hamburger mix
- Homemade root beer mixes and malt-drink mixes
- Ice cream
- Icing, glazes, frostings
- Lecithin
- Macaroni
• Macaroons  
• Marshmallows  
• Mayonnaise  
• Meat jellies  
• Meat products with fillers - Ex: meatloaf, meatballs, prepared hamburger patties, hotdogs, cold cuts  
• Muffins  
• Noodles  
• Nougats, marzipan candy  
• Omelettes  
• Pancakes  
• Pasta sauces (creamy ones)  
• Pie fillings  
• Powered eggs  
• Pretzels  

• Puddings  
• Quiche  
• Root beer  
• Salad dressings  
• Sauces - Ex: Béarnaise, Hollandaise, Newburg, tartar  
• Sausages  
• Soufflés  
• Soups, broths, bouillons  
• Spaghetti noodles  
• Sponge cakes  
• Tartar sauce  
• Waffle mixes  
• Whips  
• Wines

Ingredients Made From Eggs

Eggs may also be labeled by the function they carry out in the product. Watch for these terms on labels:

• Binders  
• Emulsifiers  
• Coagulants

What if there is no ingredient list?

If there is no ingredient list, you will need to learn the hidden sources of eggs. Some clues that a product may have eggs include:

• Shiny glaze or yellow coloured baked goods  
• Clear soups and beverages such as beer, wine and coffee are sometimes cleared using eggshells. Eggs can also be used as a foaming agent in specialty coffees.  
• Avoid purchasing meat from the deli at the grocery store as the meat slicers are frequently used for other products that may contain egg.

!!! Be cautious. Any food that does not have an ingredient list may contain eggs or egg products. Call the manufacturer or do not use that product.

Non-Food Sources of Eggs

• Anesthetic - Ex: Diprivan (propofol)  
• Craft materials - Ex: eggshells used in crafts and some artist's paints  
• Hair-care products (gels, shampoos, conditioners)  
• Medications (fillers, binders)  
• Some vaccines - Ex: MMR (measles, mumps and rubella)

Note on vaccines: Influenza vaccines are grown on egg embryos and may contain traces of egg protein. Although the MMR (measles, mumps and rubella) vaccine may also contain egg protein, it is generally considered safe for children. Consult with your allergist before getting any vaccines.