

## Foods Containing Eggs

Read labels carefully: check that **eggs** are not included in the ingredients list and also check that there is no any other ingredient derived from **eggs** (which are usually found in many staple foods). The following foods often contain **eggs**:

- Bagels
- Battered and breadcrumbs foods
- Béarnaise sauce
- Beef burgers
- Biscuits
- Bread (sometimes)
- Brioche
- Brownies
- Buns
- Caesar's salad
- Cakes
- Confectionary (e.g. Mars Bar, Snickers)
- Crème brûlée
- Croissants
- Custard
- Flapjacks
- Fried rice
- Flan
- Glazes
- Hollandaise sauce
- Ice cream
- Icing
- Kedgeree
- Liver pate
- Manchego rind
- Marzipan
- Mayonnaise
- Meatballs
- Meringue
- Mousse
- Muffins
- Noodles
- Pancakes
- Pasta (particularly fresh pasta)
- Pastries
- Puddings
- Quiche
- Quorn
- Salad dressings
- Scones
- Shortbreads
- Simplesse (fat substitute)
- Sorbet

- Soufflés
- Steak tartare
- Surimi
- Tartar sauce
- Waffles
- Wine (egg white is used as a fining agent)

### Ingredients Containing Eggs

E = whole Egg – W = White – Y = Yolk

- |   |   |
|---|---|
| <input type="checkbox"/> Albumin                                    | W |
| <input type="checkbox"/> Livetin                                    | Y |
| <input type="checkbox"/> Chicken serum albumin                      | Y |
| <input type="checkbox"/> Dried egg                                  | E |
| <input type="checkbox"/> E322 (lecithin; soya lecithin is egg-free) | Y |
| <input type="checkbox"/> E1105 (lysozyme)                           | W |
| <input type="checkbox"/> Egg powder                                 | E |
| <input type="checkbox"/> Egg protein                                | E |
| <input type="checkbox"/> Egg solids                                 | E |
| <input type="checkbox"/> Egg white                                  | E |
| <input type="checkbox"/> Egg yolk                                   | E |
| <input type="checkbox"/> Frozen egg                                 | E |
| <input type="checkbox"/> Globulin                                   | W |
| <input type="checkbox"/> Lecithin*                                  | Y |
| <input type="checkbox"/> Ovovitellin                                | Y |
| <input type="checkbox"/> Pasteurized egg                            | W |
| <input type="checkbox"/> Silici albuminate                          | W |

### Egg Proteins

E = whole Egg – W = White – Y = Yolk

- |   |   |
|---|---|
| <input type="checkbox"/> Apovitellenin I  | Y |
| <input type="checkbox"/> Apovitellenin VI | Y |
| <input type="checkbox"/> Avidin           | W |
| <input type="checkbox"/> Conalbumin       | W |
| <input type="checkbox"/> Cystatin         | W |
| <input type="checkbox"/> Livetin alpha    | Y |
| <input type="checkbox"/> Livetin beta     | Y |
| <input type="checkbox"/> Livetin gamma    | Y |
| <input type="checkbox"/> Lysozyme         | W |
| <input type="checkbox"/> Ovalbumin        | W |
| <input type="checkbox"/> Ovoglobulin G2   | W |
| <input type="checkbox"/> Ovoglobulin G3   | W |
| <input type="checkbox"/> Ovoclavoprotein  | W |
| <input type="checkbox"/> Ovoclycoprotein  | W |
| <input type="checkbox"/> Ovoinhibitor     | W |
| <input type="checkbox"/> Ovomacroglobulin | W |
| <input type="checkbox"/> Ovomucin         | W |
| <input type="checkbox"/> Ovomuroid        | W |
| <input type="checkbox"/> Ovostatin        | W |
| <input type="checkbox"/> Ovotransferrin   | W |
| <input type="checkbox"/> Phosvitin        | Y |
| <input type="checkbox"/> Vitellin         | Y |