



Eggs



Egg is a common cause of allergic reactions in infants and young children. It often begins in the child's first year of life and in some cases lasts into the teenage years or even into adulthood for a few people. Many cases of egg allergy are mild, but more severe symptoms are a possibility for some. All eggs are included in the classification.

The word egg will be stated in the ingredient list in a way that makes it clear to the consumer of its presence, even if it appears in minute quantities.

Eggs can be labelled as:

- Whole Egg
- Dried Egg
- Egg white or egg yolk
- Egg proteins, including albumin (which is egg white), ovalbumin (the main protein found in egg white), globulin, ovoglobulin, livetin, ovomucin, vitellin and ovovitellin.
- Lysozyme, which is an enzyme that can be derived from egg white. It may trigger symptoms in a small percentage of people with egg allergy.
- Lecithin (E322), which can be derived from egg. Egg lecithin can be found in some foods and used in the manufacturing of some medicines.

Eggs can be used in:

Cakes	Pastries	Desserts
Pasta	Noodles	Glazes
Mayonnaise	Salad Dressings	Mousses
Meat Products	Soups	Ice-Cream
Chocolate	Sweets	Breaded and Battered coated foods

Note:

People who react to hen's eggs are advised not to eat eggs from ducks, geese, quails or other birds because they may react to any egg. In very rare cases, someone allergic to hen's egg may not be able to eat chicken.

Reactions:

The symptoms of a food allergy, including egg allergy, may occur within seconds or minutes of coming into contact with the culprit food. On occasions there may be a delay of more than an hour. Mild symptoms include nettle rash (otherwise known as hives or urticaria) or a tingling or itchy feeling in the mouth.

More serious symptoms are uncommon but remain a possibility for some people, including children. These may include:

- Swelling in the face, throat and/or mouth
- Difficulty breathing
- Severe asthma
- Abdominal pain, nausea and vomiting
- Anaphylactic shock – severe reaction

Some very sensitive people may even suffer breathing problems when they inhale the fumes of cooked eggs.

References

[Egg Allergy: The Facts - Anaphylaxis Campaign](#)