

# Egg Allergy



An allergy to eggs is one of the 8 most common food allergies. Eggs can lead to a serious reaction if accidentally ingested by an allergic child while at school.

**The FDA requires that labels clearly identify the top 8 food allergens (i.e.: Contains- Egg), but care should still be taken when reading labels.**

Sometimes the presence of egg protein is obvious on a food label. Other times terms may be unfamiliar. Read carefully. The following may include egg protein\*:

Albumin, Macaroni, Egg (White, Yolk, Dried, Powdered, Solids), Mayonnaise, Egg Substitutes, Meringue, Eggnog, Ovalbumin, Globulin, Ovomucin, Livetin, Ovomuroid, Lysozyme (used in Europe), Simplese®, Surimi

**This is not a complete list!**

Source: MA Dept. of Ed. *Managing Life Threatening Allergies in Schools*

## Egg-Free Snack Ideas

### FRUIT

- Fresh Fruit
  - Apples
  - Oranges
  - Bananas
  - Berries
  - Kiwi
  - Melon
  - Raisins
- Apple Sauce
- Dried Fruit
- 100 % Fruit Leather
- Fruit Cups

### DAIRY

- Yogurt
- Cottage Cheese
- String Cheese

### VEGETABLES

- Carrot Sticks, Baby Carrots
- Celery Sticks
- Cherry Tomatoes
- Bell Pepper Slices
- Snap Peas

### OTHER POSSIBLE SNACK IDEAS

**(Always verify ingredients, as brands vary!):**

- Rice Cakes
- Crackers
- Pretzels
- Cereal
- Graham Crackers
- Pita Chips
- Plain Popcorn
- Hummus
- Guacamole
- Gelatin



**\*Call the manufacturer's hotline if unsure of an allergen or to clarify "natural flavoring"**