

IDENTIFYING EGG ALLERGENS



Eggs have two allergenic parts, the yolk and the white; they are considered a key allergen under the Australia New Zealand Food Standards Code. Any food, food ingredient or ingredient component can cause severe allergic reactions, including life-threatening anaphylaxis, but most food allergies in Australia are caused by peanuts, tree nuts, milk, eggs, sesame seeds, fish, shellfish, soy, lupin and wheat.

The Food Standards Code requires these foods to be declared on labels whenever they are present as ingredients or as components of food additives or processing aids, or made accessible to consumers when they ask for it if the food is not labelled.

It is critically important that food businesses are aware of any allergens in the products they prepare and sell. To do so, Food Handlers must read the ingredient labels of all pre-made foods or ingredients that come into the business.

It is important to note that not all Food Handlers will be responsible for reading ingredient labels or determining which foods contain which allergens. Many food businesses delegate these responsibilities to the back-

of-house employees who prepare or cook the food. This is done under the supervision of a kitchen manager who coordinates how this information is:

- recorded and stored
- communicated to other Food Handlers or managers
- communicated to customers (e.g. explicitly stated on the website or on menus, available in writing to any customer that asks or through customer-employee interactions)

Food businesses should avoid using any products that do not have an ingredient list, and should be aware that manufacturers may occasionally change their recipes or use different ingredients for variations of the same product.

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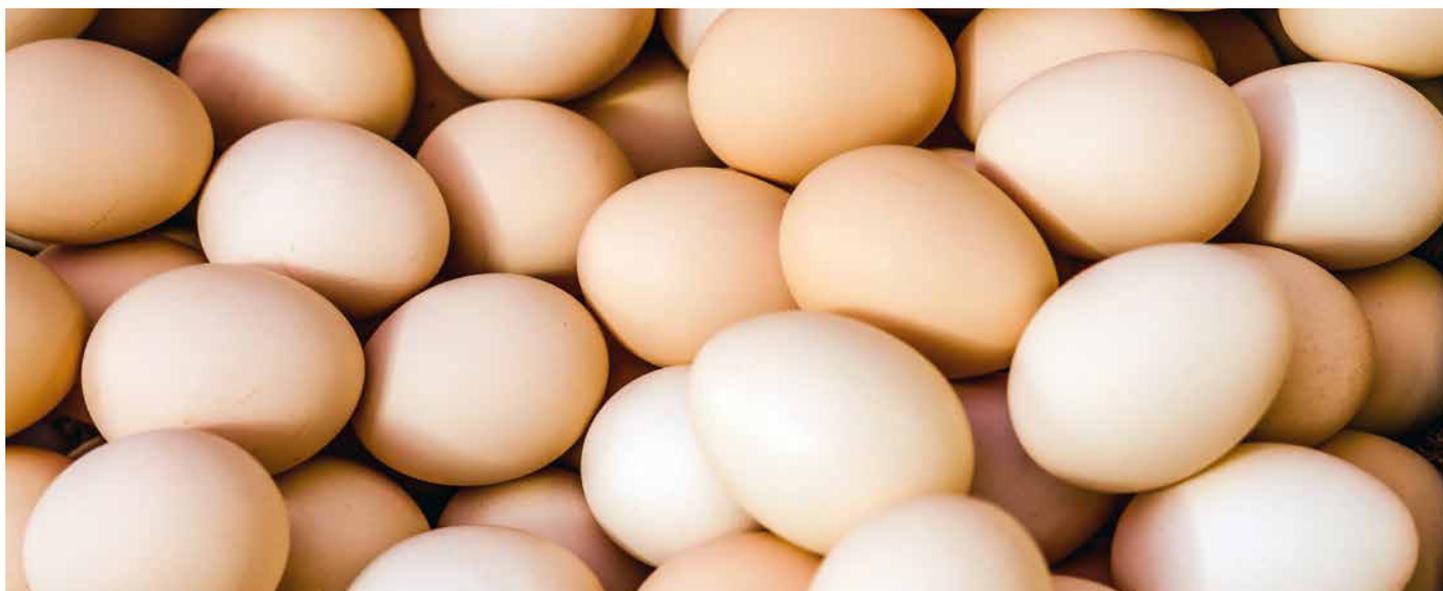
Some products use other names for egg on their labels. If you see any of the “other names for eggs” in the list of ingredients on a product, you should assume that the product contains the allergen.

Other names for eggs

- albumin/albumen
- apovitellin
- avidin
- conalbumin
- egg substitutes (e.g. Egg Beaters™)
- eggnog
- globulin
- livetin
- lysozyme
- meringue
- ovalbumin
- ovoglobulin
- ovolactohydrolyse proteins
- ovomucin, ovomucoid
- ovotransferrin
- ovovitellin
- silica albuminate
- fat replacers (e.g. Simplese®)
- vitellin



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Some foods and products that contain (or may contain) egg

- baked goods (including some types of bread) and baking mixes
- battered and fried foods
- desserts (e.g. custards, meringues, puddings, ice creams, marzipan)
- confectionery, chocolate, marshmallow
- egg and fat substitutes
- fat replacers (e.g. Simplese®)
- imitation meats
- lecithin
- mayonnaise
- meat products with fillers (e.g. meatballs, meatloaf)
- nougats, marzipan candy
- pasta, including fresh pasta and some types of dry pasta (e.g. egg noodles)
- quiche, soufflé
- salad dressings, creamy dressings
- sauces (e.g. Béarnaise, Hollandaise, Newburg, tartare)
- surimi/kamaboko

Some foods you may not expect to contain egg (but often do)

- some alcoholic cocktails and drinks (e.g. whisky sour)
- fish mixtures (e.g. surimi, which is used in imitation crab and lobster meat)
- homemade root beer mixes and malt drink mixes
- icing, glazes
- meat products with fillers (e.g. pre-prepared hamburger patties, hot dogs, cold cuts)
- soups, broths and bouillons

Note: These lists are not complete and may change. Food and food products purchased from other countries are not always produced using the same manufacturing and labelling standards as in Australia.