

EGG ALLERGY

FOOD ALLERGIES

Children with an egg allergy must avoid egg in all forms and anything containing traces of egg ingredients.

The part of egg responsible for allergic reactions, is the egg white, but, it is impossible to separate the white from the yolk without traces of egg white protein getting on the yolk.



LABELING

Products and packaging materials covered by the regulations from the South African Department of Health relating to the labelling and advertising of foods (R146 of 1 March 2010) that contain common allergen(s) must be labelled in plain English to declare that it “contains: (allergen(s))”. Thus if a product contains egg it should appear on the label, “contains: egg”.

Also, if it is not self-evident from the name of the ingredient that it is an allergen, the allergen must be indicated next to the ingredient, or at least listed in a “contains: egg” statement beneath the list of ingredients.

TAKE ALL FOOD ALLERGIES SERIOUSLY - TRACE AMOUNTS OF FOODS CAN CAUSE A REACTION

IDENTIFICATION OF HIDDEN EGG ALLERGEN IN FOOD:

The draft regulations from South African Department of Health relating to the labelling and advertising of foods (R429 of 29 May 2014) state that the following ingredients found on a label indicate the presence of egg. All labels should be read carefully before consuming a product, even if it has been used safely in the past.

CONTAINS EGG

- ⊙ Albumin
- ⊙ Binder
- ⊙ Coagulant
- ⊙ Emulsifier
- ⊙ Globulin
- ⊙ Lecithin
- ⊙ Livetin
- ⊙ Lysozyme
- ⊙ Ovalbumin
- ⊙ Ovomucin
- ⊙ Ovomucoid
- ⊙ Ovovitellin
- ⊙ Vitellin

MAY CONTAIN EGG

- ⊙ Baked goods
- ⊙ Artificial flavouring
- ⊙ Natural flavouring
- ⊙ Pasta
- ⊙ Nougat

ADDITIONAL EGG CONTAINING INGREDIENTS INDICATED BY USA FDA:
Apovitellin, Fat substitutes, Lysozyme, Mayonnaise, Meringue, Ovoglobulin, Ovotransferrin, Ovovitelia, Silici Albuminate, Simplese, Trailblazer

FOLD



Consult a medical practitioner and registered dietitian (RD) to get recommendations and professional advice when dealing with allergies.

To contact RD, Chantelle van der Merwe, email chantelle@essnutriments.co.za or find a dietitian on www.adsa.org.za

You can also visit the Allergy Society of South Africa at <http://www.allergysa.org>

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REGISTERED DIETITIANS



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