



humane food

Where are eggs in our food?

The average Australian eats around 200 eggs every year but there's a lot more to the humble egg than being scrambled, boiled or fried. Eggs can pop up in a variety of foods and in some places and forms you wouldn't expect.

WHOLE EGG

Whole eggs describe the egg before it's separated and processed. This is the egg people would be most familiar with and the egg you buy by the carton. If you're eating out and you order fried eggs then this would be a whole egg. If it looks like an egg, it usually is!

LIQUID EGG

Liquid eggs are most often used by restaurateurs and caterers. You can get liquid eggs whole or separated by yolk or white – water and flavouring is often added. Liquid egg can be found in a variety of foods including quiches, pastries and scrambled eggs.

POWDERED EGG

Powdered eggs are also most commonly used in the food service industries. Powdered eggs are an alternative to fresh eggs and can be purchased

whole or separated as powdered egg yolk or white. They're considered to be more convenient because they can be stored for longer. Powdered egg can be used in most recipes requiring eggs.

CHECK THE LABEL

If a food product contains egg or egg product it will state it on the label through common terms such as egg yolk, albumin, egg powder, egg solids, mayonnaise, egg white, egg lethicin and ovalbumin.

While it's easy to buy cage-free whole eggs, it's not so easy to know what type of eggs were used in the food products we purchase. But, unless the label says otherwise, you can assume that cage eggs were used.

The RSPCA is asking consumers to help change this. For example, ask your supermarket or local shop to stock mayonnaise made with cage-free eggs. It's as easy as that!

If you're striving to make welfare-friendly choices, it's important to know that many common foods contain eggs or egg products:

- Battered/crumbed foods
- Biscuits
- Cakes
- Confectionery
- Custards
- Doughnuts
- Egg noodles
- Egg pasta
- Egnog
- Frittatas
- Fritters
- French toast
- Glazed buns
- Glazed fruits
- Glazed pastries
- Hamburgers
- Ice blocks
- Ice cream
- Macaroons
- Malted drinks
- Marshmallows
- Marzipan
- Mayonnaise
- Meat balls
- Meat loaf
- Meringue
- Milk drinks
- Mousse
- Omelettes
- Pastry
- Pavlova
- Puddings
- Sauces
- Salad dressings
- Scrambled eggs
- Soufflé