

Egg Allergy

Do not eat eggs or foods that have eggs.

Read the food label and do not eat any foods that have egg. These words found on food labels show that a product has egg:

- Egg (all birds – duck, turkey, goose, quail)
- Whole egg
- Dried egg
- Egg powder
- Egg white
- Egg yolk
- Egg solids
- Egg substitute
- Egg protein
- Egg albumin
- Ovalbumin – protein found in egg
- Globulin – protein
- Ovoglobulin – protein found in egg
- Livetin – protein found in egg
- Ovomucin – protein found in egg
- Vitellin/Ovovitellin

Know that many foods have or might have egg:

- Baked goods (cookies, cakes, pies, muffins)
- French toast, pancakes, and waffles
- Mayonnaise and creamy salad dressings and sauces (Caesar, Ranch, Hollandaise)
- Meringue or meringue powder
- Custards, creams, frostings, mousse, pudding
- Quiche and souffle
- Food like ice cream and some vegetarian foods
- Ethnic foods like Asian foods
- Candies like Snickers, Milky Way, and nougat
- Marshmallow cream (but marshmallows are often egg free)
- Some noodles and breaded foods (chicken nuggets, fried foods)
- Egg pasta (often stored in fridge or freezer)

Egg free cooking and baking tips

Eggs are often added to recipes to act as a binder (holding ingredients together) or as a leavening agent (helping it rise). Recipes calling for eggs can be changed using egg replacers or other eggless choices. Keep in mind that these products may alter the taste and texture of your final product.

Commercial egg replacers: These can be used in most baking recipes needing egg, such as cakes, cookies, and pancakes. Most are made of tapioca or potato starch with an added leavening agent, such as baking powder. Others are made from soy or mung bean and can even be used to replace scrambled eggs. Egg replacers work best in recipes that call for 1 or 2 eggs.

- No-egg egg replacer TM (Orgran)
- Ener-G TM egg replacer (General Dietary Ltd)
- Egg replacer (Bob's Red Mill)
- Vegg
- Vegan Egg (has soy)
- JUST Egg

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Other egg replacement choices: Use one of the binding agent choices below, plus a leavening agent, as an easy home-made alternative to 'egg replacers'.

Binding agents (equal to 1 egg):

- ¼ cup fruit puree (apple, pear, apricot, or prunes)
- ½ large banana, mashed
- 1 tablespoon chickpea flour + 2 tablespoons water
- 1 tablespoon flax seed meal or ground chia seeds + 3 tablespoons water, let sit for 5 minutes to form gel before adding to recipe
- 1 tablespoon coconut cream, egg-free custard, yogurt, or silken tofu with a little water or milk

Raising agents (equal to 1 egg):

- 1 teaspoon baking soda + ½ teaspoon cream of tartar
- 1 teaspoon baking powder

If you don't want to change recipes to be egg-free, look for vegan recipes which will always be egg-free.

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Author: Allergy | Approved by Patient Education Committee | Valid through 2023

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