

# Egg free diet

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## Why does my child need to follow an egg free diet?

Your child has an allergy to eggs.

### An allergic reaction to eggs may cause:

- rashes, hives
- swelling of the face, lips and tongue
- shortness of breath
- asthma
- stuffy nose
- vomiting
- diarrhea



**Avoiding foods that contain eggs is the only way to prevent your child having an allergic reaction.**

Avoiding visible eggs is generally not that hard to do. However, you may not be aware of the kinds of foods that contain egg or egg products. This handout will help you choose foods that are safe for your child.

Follow this diet only if your child's allergy to foods that contain eggs has been confirmed by a doctor. Your child must be followed by a doctor or dietitian when beginning this diet to ensure a balanced diet.

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## How do I know if a food contains egg or egg products?

To find out if a food contains egg or egg products, you will need to:

1. Read the labels of all products you use.
2. Check the ingredient list. Eggs and egg products are not always listed clearly on a label and can go under many different names.

### Avoid products that contain:

- Albumin
- Apovitellenins I & VI
- Egg white
- Egg yolk
- Dried egg
- Eggs of all species
- Egg solids
- Egg substitutes made of egg whites such as Egg Beaters®
- Globulin
- Lecithin
- Livetin
- Lysozyme
- Ovalbumin
- Ovoglobulin
- Ovomucin
- Ovomuroid
- Ovotransferrin
- Ovovitelin
- Phosvitin
- Powdered egg
- Silico Albuminate
- Simplese®
- Surimi

Eggs may also be labeled by the function they carry out in the product.

### Watch for these terms on labels:

- Binder
  - Emulsifier
  - Coagulant
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## What if there is no ingredient list?

If there is no ingredient list, you will need to learn the hidden sources of eggs.

**Some clues that a product may have eggs include:**

- A shiny glaze or yellow coloured baked goods.
- Clear soups and beverages such as beer, wine and coffee are sometimes cleared using eggshells. Eggs can also be used as a foaming agent in specialty coffees.
- Avoid purchasing meat from the deli at the grocery store as the meat slicers are frequently used for other products that may contain egg.



**Be cautious. Any food that does not have an ingredient list may contain eggs or egg products. Call the manufacturer or do not use that product.**

## What can I use in baking instead of eggs?

You can substitute other ingredients for eggs in baking. Try using one of the following substitutions for each egg in a recipe:

- 1 tsp baking powder + 1 tbsp liquid + 1 tbsp vinegar.
- 2 tbsp flour + ½ tsp shortening + ½ tsp baking powder + 2 tbsp liquid. Use liquids that are suitable for the recipe such as water, vinegar or juice.
- 1 tsp yeast dissolved in ¼ cup warm water.
- 1 ½ tbsp water + 1 ½ tbsp oil + 1 tsp baking powder.
- 1 packet plain gelatin + 1 tbsp warm water. Do not mix until ready to use.
- ¼ cup soft tofu. Blend tofu smooth with liquid ingredients before adding dry ingredients.
- 1 mashed banana.
- Egg Replacer - available in Health Food stores or the Speciality Foods section of your grocery store. This is not the same as egg substitute products and does not contain egg yolks or whites.

### Conversions

**1 tsp = 5 ml, 1 tbsp = 15 ml, ¼ cup = 60 ml**

## What are some non-food sources of egg?

Non-food sources of egg include:

- Anesthetics such as Diprivan and Propofol
- Egg shampoos
- Eggshells used in crafts and some artist's paints
- Certain vaccines such as flu shots and infant vaccines



**Always let others know your child is allergic to egg before receiving medical care.**

## Can my child still eat out at restaurants?

Yes, your child can still eat at restaurants, but follow these guidelines to make certain he or she does not eat any products containing egg:

- Choose plain meats (without breading or batter). Avoid sausages, hamburgers and meatloaf as they often contain egg.
  - Avoid salad dressings unless you know they are egg free.
  - Avoid sauces unless you know they are egg free.
- Ask for a list of ingredients used to prepare your meal.



**When eating foods prepared by others, it is important to ask the person who made the food whether there is egg in it.**

## Website information

For more information:

<http://zingsolutions.com/food/hidden.htm>

[www.anaphylaxis.org](http://www.anaphylaxis.org)

[www.kingsmillsfoods.com](http://www.kingsmillsfoods.com)

<http://foodallergy.org>

<http://www.nationaljewish.org/>

[www.allallergy.net](http://www.allallergy.net)

For information on eggs in baby foods:

<http://www.heinzbaby.com/index.html>

The websites (URLs) listed in this handout were checked and found to be correct at the time of printing. Please note that websites and health information on the Internet change frequently, without notice. Therefore we cannot guarantee that the websites or their content will remain accurate.

# Egg Free Diet

**Note:** Check the labels of the foods in the “**Foods Safe to Eat**” list before you consider eating or drinking them.

<b>Foods Safe to Eat</b>	<b>Foods <u>Not</u> Safe to Eat</b>
<p><b>Grain Products</b></p> <p>Breads and rolls made from egg-free recipes. Rice or potatoes prepared without egg, plain dumplings, eggless noodles.</p>	<p>Commercial breads, muffins, donuts and rolls that have eggs as an ingredient or glaze, prepared mixes, egg noodles, pasta, potato or rice dish made with egg. Croquettes, french toast, most pancakes, and waffles. Zwieback, soda crackers, bread crumbs, pretzels (if egg product on label)</p>
<p><b>Meats and Alternatives</b></p> <p>All fresh, frozen or canned meat, fish and poultry prepared without eggs.</p>	<p>Meat or fish in batter, sausages, loaves, croquettes or any meats using egg as a binding agent.</p>
<p><b>Vegetables and Fruits</b></p> <p>Fresh, frozen, dried or canned vegetables and fruit prepared without egg.</p>	<p>Any vegetables prepared in a casserole or with sauces or breading that contain eggs in any form such as hollandaise sauce, vegetable soufflé or batter-fried vegetables. Any fruit served with a sauce containing egg such as custard sauce. Fruit whips.</p>
<p><b>Milk and Milk Products</b></p> <p>Whole, part skimmed and skim milk, buttermilk. Cheese, cottage cheese or yogurt.</p>	<p>Ice cream, pudding, custard, Ovaltine®, boiled custard.</p>
<p><b>Combination Foods</b></p> <p>Prepared entrees and combination foods that do not contain egg in any form.</p>	<p>Egg rolls, soufflés, quiche.</p>
<p><b>Fats and Oils</b></p> <p>Vegetable oil, butter, margarine, shortening, lard, cream, gravy, oil and vinegar dressing, bacon, salad dressing made without eggs.</p>	<p>Salad dressings containing eggs, mayonnaise.</p>

Foods Safe to Eat	Foods <u>Not</u> Safe to Eat
<p><b>Sweets</b> Sugar, honey, molasses, syrup, jellies, jams, preserves, marmalade, hard candies or commercial candies which list ingredients as free from egg in any form.</p>	<p>Marshmallows, divinity fudge, all commercial candies made or brushed with egg, fondues, sherbets.</p>
<p><b>Soups</b> Any soup prepared without egg or egg noodles.</p>	<p>Any stock clarified with eggshells such as consommé, broth, and bouillon. Egg drop soup, turtle or mock turtle soup, soups with egg noodles.</p>
<p><b>Desserts</b> Jell-O®, fruit crisp, Popsicles®, fruit ice. Homemade dessert prepared without eggs.</p>	<p>Custards, Bavarian creams, frostings, cakes, some cookies, fritters, cream pies, cream puffs, puddings, some pie fillings and crusts, doughnuts, meringues, whips, sherbet, macaroons, angel food cake, sponge cake.</p>
<p><b>Beverages</b> Tea, water, fruit juices, fruit drinks, carbonated beverages.</p>	<p>Eggnog, some root beers, some beers, coffee or wine that have been clarified using egg, malted cocoa drinks such as Ovaltine®, protein drinks containing egg, egg products or egg protein.</p>
<p><b>Miscellaneous</b> Salt, spices, pickles, peanut butter, nuts, popcorn.</p>	<p>Tartar sauce, cream sauces, hollandaise sauces, creamed foods, baby food prepared with egg, Simplese®.</p>

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