

## Guidelines for Managing Food Allergies

# Egg Allergies

Remember to **ALWAYS** read food labels carefully and watch for **hidden allergens**. Hidden allergens are ingredients derived from or containing major food allergens with common names that may be unfamiliar to consumers. **Foods or ingredients to AVOID if allergic to eggs:** (This is not an exhaustive list.)

<b>Albumin</b>	<b>Lecithin</b>
<b>Binder</b>	<b>Livetin</b>
<b>Baked goods</b>	<b>Lysozyme</b>
<b>Breaded/Battered Foods</b>	<b>Mayonnaise</b>
<b>Coagulant</b>	<b>Meringues</b>
<b>Custards</b>	<b>Ovalbumin</b>
<b>Eggs (whole egg)</b>	<b>Ovamucin</b>
<b>Egg noodles</b>	<b>Ovovitelin</b>
<b>Egg whites</b>	<b>Pasta (fresh)</b>
<b>Egg yolks</b>	<b>Powdered egg</b>
<b>Emulsifier</b>	<b>Salad dressings (some)</b>
<b>Globulin</b>	<b>Vitelin</b>

### Baking substitutes (per egg) and include:

Baking powder (1/2 tsp)	tofu (1/4 pureed tofu)
Potato starch (2 tbsp)	water + oil + baking powder (2 tbsp/1 tsp/2 tsp)
Mashed potatoes (1/4 cup)	agar powder (1 tbsp plain agar powder in 1 tbsp water, whipped, chilled then whipped again)
Canned pumpkin or squash (1/4 cup)	
pureed prunes (1/4 cup)	
Ground flaxseed in water (1 tbsp flaxseed in 3 tbsp water)	



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### Substitutes:

Arrowroot powder as binder  
Baking powder (1/2 tsp for each replaced egg)  
Egg Replacer  
Pasta (dried) – Check to be sure no egg is in ingredient list  
Tofu – for pudding-like texture (can also be “scrambled”)

### Alternative food sources that provide important nutrients if avoiding eggs:

**Protein:** meats, poultry, fish, dairy products, dried beans, nuts and legumes.

**Vitamin A:** meats, fortified milk and margarine, yellow/orange and green leafy vegetables and fruits

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