

## Egg Elimination Diet -Baked Foods

**Some egg allergic patients may be able to tolerate egg in baked goods. Ask your doctor first before eating these foods.** This handout summarizes ingredients and **foods that should still be avoided** because the egg protein has not been baked (i.e. denatured) or is still in a form that could trigger an allergic reaction in a patient with egg allergy.

Read labels for the following words that indicate the presence of egg in a food **to be avoided**:

Eggs (yolks and whites, dried, powdered)	Coagulant Globulin	Livetin
Albumin (also spelled albumen)	Emulsifier	Ovalbumin, ovaglobulin, ovomucin, ovomucoid, ovovitellin, vitellin
Binder		

**Avoid the following foods**, which are likely to contain egg in an **unbaked form** (this list is not inclusive, so remember to read labels):

Egg substitutes (e.g., Egg Beaters)	Cream or custard-type desserts	Meringue (meringue powder)
Eggnog	Crepes	Mousse
Egg sauces (Hollandaise, Bearnaise)	Custard/flan	Puddings
Batters	French toast	Quiche and Souffle
Caesar salad	Frostings (some)	Salad dressings (some)
Cream fillings	Ice cream	Soups (noodle/consommé, egg drop, wonton)
	Lemon curd	Tartar sauce
	Malted milk mixes (Ovaltine)	
	Mayonnaise	