

Egg Elimination Diet

Avoiding eggs is not simply a matter of switching to cereal for breakfast. Eggs have many other uses: as a leavening agent in cakes; as a glaze on pastries and breads; as a texturizer for sauces and custards; as a clarifying agent for consommé; as a yellow color for baked goods; as foam topping on specialty coffee. Avoiding eggs while eating in restaurants or cafeterias may be tricky. Batters for deep-frying, sauces for desserts or meats, soups, pastries and pasta all may contain some egg. If the chef or kitchen manager cannot give you a definite answer when asked whether or not a menu item contains eggs, order something else.

Read labels for the following words that indicate the presence of egg in a food:

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

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

Egg substitutes (e.g., EggBeaters)	Cream or custard-type desserts	Meatloaf/meatballs/sausages/bologna
Eggnog	Crepes	Meringue (meringue powder)
Egg noodles	Custard/flan	Mousse
Egg sauces (Hollandaise, Bearnaise)	French toast	Pastas (fresh)
Baked goods (bagels, some breads, cookies, cakes, donuts, muffins, pancakes, waffles) *	Frostings (some)	Puddings
Batters	Glazed rolls, breads, pastries	Quiche and Souffle
Caesar salad	Ice cream	Salad dressings (some)
Cream fillings	Lemon curd	Simpleese (fat substitute)
	Malted milk mixes (Ovaltine)	Soups (noodle/consommé, egg drop, wonton)
	Mayonnaise	Tartar sauce

*Some egg allergic patients may be able to tolerate egg in baked goods. **Ask your doctor first before eating these foods.**

The following ingredients may indicate the presence of egg: flavoring (natural and artificial), macaroni, marshmallows, marzipan, nougat, surimi (egg whites often added to this Japanese fish)

How to Bake Without Eggs: You may want to purchase EnerG egg replacer (sold in the baking section at Whole Foods Grocery Store)- Mix 1 1/2 teaspoons with 2 Tablespoons water to replace 1 egg

You may also try the following substitutions to replace 1 egg: 1 tsp baking powder, 1 Tablespoon liquid, 1 Tablespoon vinegar; or 1 tsp yeast dissolved in 1/4 cup warm water; or 1 1/2 Tablespoons water, 1 1/2 Tablespoons oil, 1 tsp baking powder; or 1 packet gelatin, 2 Tablespoons warm water (do not mix until ready)

You may also want to try Cherrybrook cookie/ cake mixes and Enjoy Life Allergen Free cookies, which are egg-free (found at Whole Foods Grocery Store)

Vaccines: The Influenza and MMR vaccine can safely be given to egg allergic patients. The flu vaccine usually contains small amounts of egg protein. The Advisory Committee on Immunization Practices (ACIP) recommends that persons with a history of egg allergy should receive influenza vaccine, and the vaccine should be administered by a health care provider familiar with egg allergy. Patients who have anaphylactic or severe systemic reactions to eggs should receive their vaccine through a specialist (i.e. an allergist). These patients should be observed for ≥ 30 minutes for signs of a reaction after their vaccine.