

Egg Elimination Diet for Patients Who Can Tolerate Baked Egg

Some egg allergic patients may be able to tolerate egg in baked goods. Ask your doctor before eating these foods. In general, a baked egg product is one in which egg has been mixed with flour, then baked in the oven at 350 degrees for 30 minutes or longer.

Avoid the following foods, which are likely to contain egg in an **unbaked form and trigger an allergic reaction** (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, Béarnaise)	Custard/flan	Pancakes
Batters	French toast	Puddings
Caesar salad	Frostings (some)	Quiche and Souffle
Cream fillings	Ice cream	Salad dressings (some)
	Lemon curd	Soups (noodle/consommé, egg drop, wonton)
	Malted milk mixes (Ovaltine)	Tartar sauce
	Mayonnaise	Waffles