

Egg Allergy Diet

The only proven treatment for a person with food allergies is to avoid all food(s) that cause an allergic reaction. Egg allergy is one of the top 9 food allergies in our country. Eggs are used in many food products. Eggs may be found in grain products, custards, ice creams, and frozen yogurts. Eggs may also be used when certain foods are processed.

You should avoid egg substitutes (like Egg Beaters and All Whites) because they contain egg whites.

All store bought products must list ingredients by their common names for the top 9 allergenic foods. These foods are eggs, milk, soy, wheat, peanut, tree nuts, fish, shellfish and sesame. This means that foods must be clearly labeled if they contain egg. It will be listed in the ingredient list or below, stating the product contains eggs or any other top 9 allergens.

Not all products have to be labeled for the presence of egg. These include: cosmetics, personal care items, prescription and over-the-counter medicines, toys, crafts and pet food. **It is still very important to read the labels of all food you buy and avoid all forms of egg protein and inquire about other products if you are not sure.**

Ingredients which show the presence of egg protein:

- Albumin
- Apovitellin
- Avidin
- Egg substitutes (ex. Egg Beaters®)
- Egg
- Eggnog
- Egg whites or yolks
- Egg white solids
- Globulin
- Livetin
- Lysozyme
- Mayonnaise
- Meringue
- Ovalbumin, ovomucoid or ovomucin
- Powdered eggs
- Silici albuminate
- Simplesse® (fat substitute)
- Surimi
- Vitellin

Ingredients which **may** show the presence of egg protein:

- Flavoring
- Nougat
- Pasta
- Lecithin
- Marzipan
- Baked goods

Egg White and Egg Yolk

Most often those with an egg allergy are allergic to the egg white. There is not a safe way to separate the egg white from the yolk. Small traces may remain on the yolk and could trigger an allergic reaction. Avoid both egg white and yolk if you are egg allergic.

Nutrition and Eggs

Eggs are a good source of protein as well as iron, B vitamins, selenium and vitamins A, D, E and B12. If you eat a variety of other foods, you will be able to get these nutrients without eggs in your diet.

Other options to make up for a lack of egg in diet would be meat, fish, poultry, legumes, fruits, vegetables and enriched grains.

Substitutions

There are many ways that you can swap eggs in recipes. The choice depends on what you are making and the purpose of the egg in that recipe.

For each egg in a recipe swap with one of these:

- 1 packet of plain gelatin mixed with 2 Tbsp warm water. Mix in immediately before it congeals.
- 1 tsp baking powder, 1 Tbsp liquid, 1 Tbsp vinegar.
- 1 tsp yeast dissolved in 1/4 cup warm water.
- 1 oz mashed tofu plus 1/4 tsp baking powder
- 2 Tbsp flour, 2 Tbsp water, 1/4 tsp baking powder
- 1 Tbsp flaxseed meal plus 3 Tbsp hot water
- Egg-free egg substitutes; found in natural food stores (example: Ener-G Foods egg replacer)

Ideas for Swapping 1 or 2 Eggs in Certain Recipes

- In custard, 1 egg can be replaced by 1 Tbsp cornstarch or potato starch.
- In batter or dough recipes, add 1 extra tsp baking powder for each egg left out. Baking powder adds more leavening.
- In some recipes, 1 egg can be replaced by 1 Tbsp vegetable oil and 2 Tbsp water.
- If the egg is being used as a binder, use either 1 Tbsp of unflavored gelatin, 1/2 mashed banana, 1/4 cup creamy mashed white potatoes, or applesauce.

In recipes where egg is being used to hold liquids and fats together, you can use pure powdered lecithin instead. Lecithin is a type of fat most often derived from either eggs or soybeans. If the lecithin is pure, there is little chance that it will contain any egg protein. Use with caution if allergy is extreme.

Tips to Prevent an Allergic Reaction

- Be sure to wash hands often and wipe down tables or eating areas.
- Read the ingredients lists on food labels to make sure it doesn't contain allergy-causing foods. Read the list even if you have had the product before. Ingredients may change.
- When you travel, bring along some of your own foods.
- When you eat out, always ask restaurant staff about ingredients in food and how it was prepared. Tell them that you have an egg allergy.

Resources

Food Allergy Research and Education
www.foodallergy.com

American Academy of Allergy Asthma and Immunology www.aaaai.org

Kids with Food Allergies
<http://www.kidswithfoodallergies.org> or
215- 230-5394 (great resource for product updates, alerts, recipes, webinars, events and forums)

Who to Call

If you have more questions, please contact UW Health at one of the phone numbers listed below. You can also visit our website at www.uwhealth.org/nutrition

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500.**

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**

	Can Eat	Avoid
Drinks	Milk; coffee; tea; fruit juices; vegetable juices; most carbonated soft drinks.	Some alcoholic drinks, including wine, beer and mixed drinks may contain egg; eggnog; some coffee drinks with foam, and homemade alcoholic drinks.
Bread	Plain white, wheat, or rye breads that haven't been glazed with egg.	Bread or rolls prepared with egg or brushed with egg; egg matzo; waffles; French toast; pancakes, some pretzels. NOTE: A shiny glaze or yellow baked goods often means eggs are present.
Candy	Hard candies: candy that does not contain eggs.	Candy bars; ; chocolate creams; filled candies; fondant; nougats; candies made in a place where egg is present (will say on label); many Wonka candies may contain egg.
Cereal	Most okay.	Read labels.
Desserts	Any dessert made without eggs. Use egg substitute ideas in this handout for making desserts egg free.	Desserts made with eggs; Bavarian creams; ; cookies with egg; cream pies; some frostings; custards; frozen custards, some frostings, macaroons; meringues; pastries; puddings; whips; doughnuts; some sauces. Check labels on ices, ice cream and sherbets.
Fats & Oils	Butter, margarine, and cooking oils that have not been used to fry batter-coated foods.	Fats or oils that were used to fry eggs or products that contain eggs such as battered foods;

Dairy	Milk; cheese; cream; sour cream; butter; margarine; yogurt.	Milk and cheese prepared with egg, frozen yogurt made with eggs.
Meat & Meat Substitutes	Meat, fish, and poultry prepared without eggs.	Breaded meat; croquettes; fricassee; hamburger mixes; meatballs, meat loaf; sausage; hot dogs; eggs in any form.
Potato or Pasta	Potatoes, sweet potatoes, rice and egg free pasta noodles.	Egg noodles; macaroni mixes; some pasta dishes; fried rice with egg.
Salads & Dressings	All fruit and vegetable salads with dressing that do not contain eggs.	Caesar salad; mayonnaise; tartar sauce; mayonnaise-like salad dressings, creamy salad dressings, and sandwich spreads prepared with eggs; thousand island dressing, salads dressings using eggs.
Sauces	Any sauce that does not contain eggs.	Hollandaise sauce; Béarnaise; Newburg; tartar sauce.
Seasonings	All salt, spices and herbs; Egg-Free baking powder.	Baking powder that contains egg.
Sweeteners	All sugars; honey, jam, jelly, syrups.	
Fruits & Vegetables	All vegetables and fruits without sauces that contain eggs.	Vegetable soufflés; frittered or scalloped vegetables; fruit custard.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 6/2023 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#270