

### **Egg Free Dieting**

Most people who are allergic to eggs are allergic to egg protein and usually react to the proteins in the egg white. However, because it is impossible to completely avoid cross-contamination between yolk and white, people who are allergic to eggs need to avoid eggs completely. The most allergenic proteins in egg white are ovalbumin, ovomucoid, ovotransferrin, and lysozyme. Lysozyme is an unlabelled additive used in cheese preparation. Egg yolk also contains possible allergic proteins.

To avoid eggs and egg products ask about ingredients at restaurants and others' homes, read food labels, and become familiar with the technical or scientific terms for eggs. The following list is not complete. Consult with a healthcare professional before making any significant changes to your diet.

Note: Some of the foods on this list only rarely contain eggs (for example: sausage, sherbet, coffee).

<ul style="list-style-type: none"> <li>Albumin</li> <li>Baby foods (some)</li> <li>Bavarian creams</li> <li>Beers (some)</li> <li>Beverages (prepared)</li> <li>Breaded foods (some)</li> <li>Breads (some; especially with shiny crusts)</li> <li>Cakes</li> <li>Candy (some)</li> <li>Coffee (some; to produce clarification)</li> <li>Cookies (some)</li> <li>Consommés</li> <li>Creamed foods</li> <li>Creamed pies</li> <li>Cream puffs</li> <li>Croquettes</li> <li>Custards</li> <li>Doughnuts</li> <li>"Egg Beaters"</li> <li>Egg noodles</li> <li>Egg rolls</li> <li>Egg whites</li> <li>Egg yolks</li> <li>Egg substitutes (some)</li> <li>Eggnog</li> <li>Waffles</li> </ul>	<ul style="list-style-type: none"> <li>Fondue</li> <li>French ice cream</li> <li>Fritters</li> <li>Frostings</li> <li>Hollandaise sauces</li> <li>Ice cream</li> <li>Marshmallows</li> <li>Mayonnaise</li> <li>Meat or fish in batter</li> <li>Meringues</li> <li>Muffins (some)</li> <li>Pancakes (most)</li> <li>Pie fillings (some)</li> <li>Powdered or dry eggs</li> <li>Prepared meats (egg as a binding agent)</li> <li>Pretzels (some)</li> <li>Puddings</li> <li>Root beers (some; used to produce foam)</li> <li>Salad dressings containing eggs</li> <li>Sausages</li> <li>Sherbets</li> <li>Simplese® (fat substitute)</li> <li>Soups (some)</li> <li>Soufflés</li> <li>Tartar sauce (and other sauces)</li> <li>Wine (some; to produce clarification)</li> </ul>
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**Other names commonly associated with Egg proteins:**

- Apovitellenins I & VI
- Globulin
- Livetin
- Lysozyme
- Ovalbumin
- Ovoglobulin egg albumin
- Ovomucin
- Ovomuroid
- Ovotransferrin
- Phosvitin

**Egg substitutes:**

Commercial egg substitutes are available, but label reading is imperative; many low-cholesterol egg substitute products contain egg white.

Check the label on mayonnaise-substitute products for egg content.

**Baking:**

Soy flour can replace eggs in baked goods and casseroles.

Xanthan gum, water, or vinegar can also be used in place of eggs in some recipes.

Extra baking powder, oil, cornstarch, flour, tofu, or unflavored gelatin can be used for some products with good results.

**Books and Resources:**

American Academy of Pediatrics Guide to Your Child's Allergies and Asthma: Breathing Easy and Bringing Up Healthy, Active Children by Michael J. Welch, MD, New York: Villard, 2000.

American Academy of Allergy, Asthma and Immunology  
[www.aaaai.org](http://www.aaaai.org)

Food Allergy Network  
[www.foodallergy.org](http://www.foodallergy.org)

International Food Information Council Foundation  
[www.ific.org/](http://www.ific.org/)

Veggies Unite (on-line vegetarian resource guide; includes eggless recipes)  
[www.vegweb.com/food/subs/591.shtml](http://www.vegweb.com/food/subs/591.shtml)