

Egg Allergies

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Remember to **ALWAYS** read food labels carefully and watch for hidden allergens. Hidden allergens are ingredients derived from or containing major food allergens with common names that may be unfamiliar to consumers. **Foods or ingredients to AVOID if allergic to eggs:** (This is not an exhaustive list.)

Albumin

Binder

Baked goods

Breaded/Battered Foods

Coagulant

Custards

Eggs (whole egg)

Egg noodles

Egg whites

Egg yolks

Emulsifier

Globulin

Lecithin

Livetin

Lysozyme

Mayonnaise

Meringues

Ovalbumin

Ovamucin

Ovovitelin

Pasta (fresh)

Powdered egg

Salad dressings (some)

Vitelin

Substitutes:

Arrowroot powder as binder

Baking powder (1/2 tsp for each replaced egg)

Egg Replacer

Pasta (dried) – Check to be sure no egg is in ingredient list

Tofu – for pudding-like texture (can also be “scrambled”)

Alternative food sources that provide important nutrients if avoiding eggs:

Protein: meats, poultry, fish, dairy products, dried beans, nuts and legumes.

Vitamin A: meats, fortified milk and margarine, yellow/orange and green leafy vegetables and fruits

Baking substitutes (per egg) and include:

Baking powder (1/2 tsp)

Potato starch (2 tbsp)

Mashed potatoes (1/4 cup)

Canned pumpkin or squash (1/4 cup)

pureed prunes (1/4 cup)

Ground flaxseed in water

(1 tbsp flaxseed in 3 tbsp water)

tofu (1/4 pureed tofu)

water + oil + baking powder
(2 tbsp/1 tbsp/2 tsp)

agar powder (1 tbsp plain agar powder in 1 tbsp water, whipped, chilled then whipped again)

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