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.)

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

Albumin
Binder
Baked goods
Breaded/Battered Foods
Coagulant
Custards
Eggs (whole egg)
Egg noodles
Egg whites
Egg yolks
Emulsifier
Globulin

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)