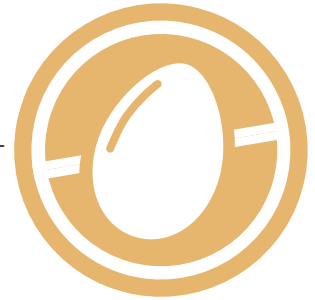


# Egg FREE Diet

Egg allergy is estimated to affect approximately 1.5% of young children. It's also a food allergy that is one of the mostly likely to be outgrown over time. Most allergic reactions associated with egg involve the skin, but anaphylaxis also can occur.



## Avoid Foods with these ingredients:

- Albumin
- Egg Substitutes
  - Eggnog
  - Globulin
  - Livetin
- Lysozyme
- Mayonnaise
- Meringue
- Ovalbumin
- Ovomucin
- Ovomuroid
- Ovovitellin
- Simplese

## Food or ingredients that MAY contain Egg:

- Vitellin
- Surimi
- Egg substitutes
- MMR vaccine

## Egg in Unexpected Places

Shiny glaze or yellow baked goods usually indicate the presence of eggs.

Eggs are often used to create the foam or milk topping on specialty coffee drinks.

Eggs are used in some bar drinks.

Most commercially processed cooked pasta (including those used in soups) may contain egg or are usually processed on equipment shared with egg-containing pasta.

The influenza vaccine is usually grown on egg embryos and may contain a small amount of egg protein. Speak to your doctor before getting a flu shot.

***For each egg, substitute one of the following in recipes. These substitutes work well when baking from scratch and substituting 1 - 3 eggs. Do not mix until ready to use.***

1 tsp baking powder, 1 tbsp liquid, 1 tbsp vinegar

1 tsp yeast dissolved in 1/4 cup warm water

1 1/2 tbsp water, 1 1/2 tbsp oil, 1 tsp baking powder

1 packet gelatin, 2 tbsp warm water.

## EGG SUBSTITUTIONS

<https://www.coastalallergyasthma.com>