

# egg free diet

Egg is one of the most allergenic of all foods, and all egg and egg products should be eliminated from the diet. All labels on foods must be read for products containing eggs, egg powder, dried egg, or albumin. Knowing how to read a food label will help you avoid problems caused by ingredients in foods.

**The following list of terms may help you in reading labels to indicate the presence of egg protein:**

- Albumin Globulin Ovamucoid
- Binder Lecithin Ovovitellin
- Coagulant Livetin Powdered egg
- Egg white Lysozyme Vitellin
- Egg yolk Ovalbumin Whole egg
- Emulsifier Ovamucin

**The following is a list of foods that may contain egg protein:**

- Baked goods, baking mixes, batters, bernaise sauce, bouillon and breakfast cereals
- Cake flour, candy cookies, creamy fillings and custard
- Egg noodles and eggnog
- French toast
- Ice cream
- Hollandaise sauce
- Lemon curd
- Marshmallows, macaroni, malted cocoa drinks, mayonnaise, meringues and muffins
- Omelettes
- Pancakes, puddings and processed meat products
- Spaghetti, sherbets, soufflés, soups, salad dressing and sweets
- Tartar sauce and turkish delight
- Waffles and wines
- Yogurt



## Cooking tips for an egg-free diet:

Eggs can be substituted in many recipes by using one of the following for each egg:

- 1 packet of plain gelatin mixed with 2 tablespoons of warm water (don't mix until ready to use or it will set).
- 1 teaspoon of baking powder, 1 tablespoon of water and 1 tablespoon of vinegar
- 1 teaspoon of yeast dissolved in  $\frac{1}{4}$  cup of warm water
- 1 tablespoon apricot puree
- 1  $\frac{1}{2}$  tablespoons of water, 1  $\frac{1}{2}$  tablespoons of oil and 1 teaspoon of baking powder



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