

Egg Allergy Information

Egg containing ingredients: Albumin, egg (white, yolk, dried, powdered, solids), Globulin, Apovitellenin, Livetin, Ovalbumin, Ovomucin, Ovomuroid, Ovovitellin, Phosvitin, Lecithin, Lysozyme, Meringue, Simplese

Common foods that contain egg: mayonnaise, meringue, eggnog, Bavarian cream, some breaded foods, cake, some candy, Caesar salad dressing, cookies, chocolate, cream pies, cream puffs, crepes, custard, doughnuts, egg roods, egg noodles, frosting, hollandaise sauce, ice cream, marshmallows, meat including fish that is fried in batter, muffins, pretzels, pudding, soufflés, tartar sauce, waffles, pancakes, some wines, French toast, griddle cakes, glazed rolls, Ovaltine, meatloaf, noodles, anything batter fried.

Egg Substitutes: For each egg, substitute one of the following recipes:

1. 1 teaspoon baking powder, 1 tablespoon water, 1 tablespoon vinegar.
2. 1 teaspoon yeast dissolved in ¼ cup warm water
3. 1 tablespoon apricot puree
4. 1 & ½ tablespoon water, 1 & ½ tablespoon oil, 1 teaspoon baking powder
5. 1 packet plain gelatin, 2 tablespoons warm water
6. 1 & ½ teaspoons of oil, 1 & ½ teaspoons of water, 1 teaspoon of baking powder

Tips:

1. To fry a meat cut, try using milk or water instead of egg.
2. A commercial egg replacement product known as Ener-G can be mixed with 2-3 tablespoons of water or milk for cooking. You can find Ener-G at most health food stores and some grocery stores.

****Remember to eliminate egg from you diet and read all labels carefully!**