

# Food Allergy: Eggs

## How to Spot Eggs in a Food Label

1. Look for eggs as an ingredient. Avoid products with the following ingredients: albumin (also spelled albumen), egg (dried, powdered, solids, white, yolk), eggnog, lysozyme, mayonnaise, meringue (meringue powder), ovalbumin, surimi.
2. Eggs can also be found in the following items: baked goods, egg substitutes, ice cream, lecithin, marzipan, marshmallows, nougat.
3. Watch out for pasta! Most commercially made cooked pastas contain egg. Boxed, dry pastas are usually egg-free. Also pretzels are sometimes covered in egg wash before they are dipped in salt.

Source: Food Allergy Research and Education



Eggs are a common allergy-causing food for children. An egg allergy can even occur as early as infancy. However, most children, yet not all, outgrow their egg allergy before adolescence.

If a child has an egg allergy, they must stay away from eggs completely! Though the allergen is found within the whites of an egg, that is the proteins that cause the allergy are in the egg whites, it is impossible to truly separate the yolk from the whites (cross-contamination).

If a child is allergic to chicken eggs, doctors may also recommend the child avoid consuming eggs from other domestic animals/birds such as geese, turkeys, and quails (they can cause a cross-reaction).

Sources: Mayo Clinic & Food Allergy Research and Education

**How to substitute eggs in a recipe:** If a recipe calls for 1 to 3 eggs, you can substitute one of the following combinations:

1. 1 tsp. baking powder, 1 T. liquid, 1 T. vinegar
2. 1 tsp. yeast dissolved in  $\frac{1}{4}$  cup warm water
3. 1  $\frac{1}{2}$  T. water, 1  $\frac{1}{2}$  T. oil, 1 tsp. baking powder
4. 1 packet gelatin, 2 T. warm water. Do not mix until ready to use.

Source: Food Allergy Research and Education