

EGG ALLERGY DIET

AVOID ALL SOURCES OF EGG

If your child has an egg allergy, he must avoid all sources of egg. Eggs are used in many products. They are used in the custard base of some ice creams and yogurts. Egg whites are sometimes used to give pretzels, bagels, and other baked goods a shiny outer glaze. Eggs are also used in batters to coat foods for frying.

When eggs are used to make the glaze on baked goods, they are often not listed on the label. Beware of shiny baked goods! You should also avoid buying fried foods from restaurants or vendors who don't have separate frying vats to keep egg-battered foods separate from other foods.

READ FOOD LABELS

Knowing how to read a food label will help you avoid problems caused by eggs in foods.

Terms that mean the product **does** contain egg protein:

albumin	meringue (meringue powder)
egg (dried, powdered, solids, white, yolk)	ovalbumin
eggnog	ovomucin
globulin	ovomucoid
livetin	ovovitellin
lysozyme (used in Europe)	Simplese
mayonnaise	surimi

Terms that **may** mean the product contains egg protein:

flavoring (including natural and artificial)
lecithin
macaroni
marzipan
marshmallows
nougat
pasta

USE EGG SUBSTITUTES

Fortunately, you can substitute for eggs in recipes with good results. Substituting works fine for up to 3 eggs in one recipe. Substitute one of the following for each egg:

1. 1 packet of plain gelatin mixed with 2 tablespoons of warm water. (Don't mix the gelatin with water until you are ready to use it, or it will set.)
2. 1 teaspoon of baking powder, 1 tablespoon of water, and 1 tablespoon of vinegar.
3. 1 teaspoon of yeast dissolved in 1/4 cup of warm water.
4. 1 tablespoon of apricot puree.
5. 1 and 1/2 tablespoons of water, 1 and 1/2 tablespoons of oil, and 1 teaspoon of baking powder.

PROVIDE MISSING NUTRIENTS

Just eliminating eggs does not cause any vitamin or mineral deficiencies. One problem that may occur on a diet without eggs is that your child might not get enough grain products because so many are made with eggs. If you eliminate both grains and eggs, your child might not get enough B vitamins and iron. Because this diet is very restrictive, give your child a daily vitamin pill. Have a dietitian check your child's diet from time to time.