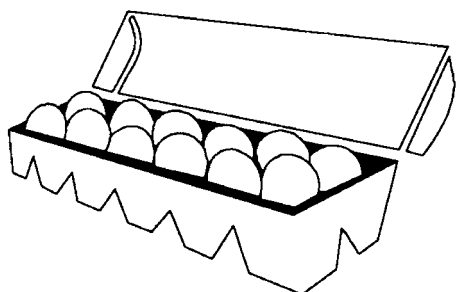


Egg Allergy

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Community Nutrition Clinic
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WHAT IS EGG ALLERGY?



Egg allergy is an allergic reaction to the proteins in eggs. In fact, egg allergy is one of the most common food allergies in young children. However, most children outgrow the allergy by age 5.

WHAT ARE THE SYMPTOMS OF EGG ALLERGY?

If you are allergic to eggs, you may suffer from several unpleasant symptoms after eating eggs, egg products, or foods prepared with eggs. These symptoms include:

- Hay fever
- Asthma
- Wheezing
- Red, itchy skin
- Diarrhea
- Gas
- Hives

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- Nausea
- Vomiting
- Itchy mouth
- Swelling of the lips

WHAT FOODS SHOULD I AVOID?

Foods that MAY contain eggs or egg products include:

- Egg substitutes (made with egg whites)
- Baking mixes and cake flour
- Baked goods, such as cakes, cream pies, and cookies
- Candies, fudge, and marshmallow
- Pretzels, bagels, and bread
- Custard and pudding
- Ice cream and sherbet
- French toast, pancakes, and waffles
- Pastas and noodle soups
- Hot cocoa
- Root beer
- Sauces, mayonnaise, and salad dressing

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- Meatloaf
- Deli meats
- Sausages
- Breaded foods
- Salads

HOW DO I KNOW IF PRODUCTS CONTAIN EGGS?

Many foods contain egg products. If you have egg allergy, you must be careful to read food labels. You should also ask whether eggs are used in cooking when you eat in a restaurant or in someone's home.

Sometimes, eggs are clearly labeled on foods. They may be listed as egg white, egg yolk, egg solids, or egg powder. Egg proteins can also turn up on product labels. They include livetin, ovomucin, ovomucoid, albumin, globulin, ovoglobulin egg albumin, ovalbumin, ovovitellin, vitellin, ovotransferrin, lysozyme, and Simplesse.

Sometimes, eggs are used to give a food product its form. Beware of words such as binder, emulsifier, or coagulant.

SUBSTITUTIONS

It usually works well to substitute for eggs in a recipe.

To replace eggs as a binder, you can replace each egg with:

- ½ large mashed banana

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- 1 cup of applesauce

Instead of using eggs when baking, you can replace each egg with:

- 2 tablespoons water mixed with 1 heaping tablespoon cornstarch
- 2 tablespoons soda water mixed with 2 teaspoons baking flour

NOTES: