

EGG FREE DIET

AVOIDING EGG

What foods are **not allowed**?



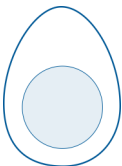
- Egg (in all forms, including chicken/hen's egg or other birds including duck, turkey, goose, quail), including fried, scrambled, poached, boiled, raw, dried, powdered, **both white and yolk**.
- This includes **products made from eggs**: Caesar salad dressing, omelets, soufflés, custard, flan, egg noodles, egg nog, egg salad, fried rice, ice cream, gelato, mayonnaise, meringue, mousse, timbales and other dishes (i.e. meatballs/meatloaf) that use egg as a binding ingredient.
- Egg white may often be used **as a glaze or "egg wash" on baked goods**; croissants, pretzels, and etc. - this use of egg can cause a reaction and should be avoided.
- Some commercial brands of **egg substitutes** contain egg whites.
- Most **commercially processed cooked pastas** (including those used in prepared foods such as soup) contain egg or are processed on equipment shared with egg-containing pastas. **Boxed, dry pastas** are usually egg-free, but *may be processed* on equipment that is also used for egg-containing products. Always read the label or ask about ingredients before eating pasta.
- Use caution with **mixed dishes** and other **processed foods** and **bakery items**, these may contain egg.

Note: Some vaccines contain egg. Influenza vaccines usually contain a small amount of egg protein. According to the American Academy of Allergy, Asthma & Immunology (AAAAI): "Studies show that flu vaccines can be safely administered to egg allergic individuals." Ask your Allergist for more information.



ALWAYS AVOID FOODS THAT CONTAIN EGG, INCLUDING THE FOLLOWING INGREDIENTS:

Albumin/albumen
 Egg (dried, powdered, solids, white, yolk)
 Egg drop soup
 Eggnog
 Egg pastas: Fideos, Garganelli, Maltagliati, Pappardelle, Passatelli, Spätzle, among others
 Globulin
 Livetin
 Lysozyme
 Mayonnaise
 Meringue
 Ovo- or Ova- (used as a prefix)
 Surimi
 Vitellin



USE CAUTION, THE FOLLOWING MAY CONTAIN EGG:

Baked goods – Muffins, waffles, cakes, etc.
 Breaded items
 Drink foam (alcoholic, specialty coffees)
 Egg substitutes
 Fried Rice
 Ice Cream, Cream Pie
 Lecithin
 Pasta (noodles or a ravioli filling)
 Marshmallows
 Marzipan
 Meatloaf and Meatballs
 Nougat
 Salad dressings (Caesar)
 Sauces (Hollandaise, Carbonara)
 Vegetable dishes made with eggs – scalloped corn, potato pancakes, etc.

POTENTIAL NUTRITIONAL DEFICIENCIES ON AN EGG-FREE DIET

When you remove eggs from a diet, it is important to include the special nutrients that are lost from removing egg, especially if this was previously a key food in your child's diet.



What nutrients are important in eggs? What are good food sources of these missing nutrients?

- **Protein:** Animal meats/seafood (Chicken, Turkey, Fish, Beef, Lamb, Pork), Beans & Lentils & Legumes, Nuts & Seeds, Whole grains— Quinoa, Millet, Teff, Barley (minimal protein)
- **Vitamin A:** Apricot, Cantaloupe, Carrot, Greens, Kale, Pumpkin, Spinach, Squash, Sweet Potato
- **Vitamin D:** Salmon, Sardines, Tuna, Shiitake Mushrooms
- **Vitamin B12:** Fortified Cereal, Fortified Milks, Meat Substitutes, Nutritional Yeast (certain brands)
- **Riboflavin:** Almonds, Asparagus, Crimini Mushrooms, Soy, Spinach, Tempeh, Turkey
- **Pantothenic Acid:** Shiitake and Crimini Mushrooms, Avocado, Sweet Potato, Lentils, Dried Peas, Chicken and Turkey
- **Biotin:** Peanuts, Almonds, Sweet Potato, Onions, Oats, Tomatoes, Carrots
- **Choline:** Shrimp, Scallops, Chicken, Turkey, Tuna, Cod, Salmon, Beef, Collard Greens
- **Selenium:** Tuna, Shrimp, Sardines, Salmon, Turkey, Cod, Chicken, Lamb, Scallops, Beef, Brazil nuts, Asparagus, Shiitake and Crimini Mushrooms, Barley, Tofu

ALTERNATIVES TO EGG AND EGG PRODUCTS

Mayonnaise: The brand 'Vegenaise' makes a variety of Egg free products, including some that are also Soy free

Baking or Functional Substitutes: For each egg, substitute one of the following in recipes. These substitutes work well when baking from scratch and substituting 1 to 3 eggs. Each recipe below = 1 egg.

- 1 tsp. baking powder, 1 tbsp. liquid, 1 tbsp. vinegar
- 1 tsp. yeast dissolved in 1/4 cup warm water
- 1 1/2 tbsp. water, 1 1/2 tbsp. oil, 1 tsp. baking powder

Tofu "Scramble" Recipe (serves ~4):

1 block (14-ounce) extra-firm tofu
1 tablespoons vegetable oil
1/2 small onion, chopped
1/2 small red bell pepper, finely chopped
1 green onion, finely chopped
1/4 teaspoon ground coriander
1/4 teaspoon ground cumin
3/4 teaspoon ground turmeric
7 oz. (1/2 can) black beans, rinsed, drained
1/4 cup coarsely chopped fresh cilantro
Kosher salt, freshly ground pepper
2-4 whole wheat tortillas, warmed
Garnishes: salsa, chopped avocado, grated cheddar, etc.

Instructions: Place tofu on a plate lined with several layers of paper towels (to absorb liquid). Using a fork or potato masher, smash tofu. Heat oil in a large skillet over medium-high heat. Add onion and pepper; cook, stirring occasionally, until softened, 3-4 minutes. Stir in coriander and cumin; cook until fragrant, about 1 minute. Stir in tofu, then turmeric. Add beans; cook, stirring often, until heated through, 1-2 minutes. Stir in cilantro; season with salt and pepper.