Let's Talk About...

Egg allergy

What is an egg allergy?

An egg allergy is a reaction to the protein in egg. Eating, or for some persons, even breathing air around eggs can cause an allergic reaction.

What are the symptoms of an egg allergy reaction?

- **Skin:** rashes, hives, eczema, flushing, or swelling
- **Digestive system:** belly pain, diarrhea, nausea, vomiting, itching or swelling of the tongue, throat or mouth.
- **Respiratory system (lungs):** runny nose, wheezing, asthma, throat tightening, or difficulty breathing.
- **Cardiovascular system (heart):** rapid heartbeat, low blood pressure, passing out.

What do I do for a person with egg allergy?

To treat an egg allergy, do not eat eggs or any foods with egg products. Watch the labels on food for egg products.

What should I look for on a food label?

Egg is one of the most common allergies. If a food or ingredient contains egg, the food label must say so. Egg products can be found in many processed foods. Below are different names for eggs and egg products that might be on a food label. Check all food labels carefully. Manufacturers may change ingredients without warning.

What are some names for egg products?

The following tables lists some of the other names for egg products that you will find on food labels.

Different names for eggs		
Albumin	Eggs from all birds species	Ovomucin
Dried egg		Ovomucoid
Eggnog	Frozen eggs	Ovovitella
Egg solids	Globulin	Ovovitellin
Egg substitutes (Eggbeaters, etc)	Livetin	Powdered egg
	Lysozyme	Silici albuminate
Egg white	Mayonaise	Simplesse
Egg white solids	Meringue	Vitellin
Egg yolk	Ovalbumin	Whole egg
Egg protein	Ovoglobulin	

Egg is often brushed on breads and other bakery foods. If the food has a shiny appearance, it was probably brushed with egg. Avoid shiny baked products.

What can I substitute for egg when I bake?

Egg replacers usually are made of wheat flour, oil, baking powder, cornstarch, unflavored gelatin, xantham gum, and milk or water. These may be used if there is no egg product in them.

These work well when baking from scratch and substituting 1–3 eggs:

- 1 tsp baking powder + 1 Tbsp Liquid + 1 Tbsp Vinegar = 1 egg
- 1 tsp yeast dissolved in ¼ cup warm water = 1 egg
- 1½ Tbsp water + 1½ Tbsp oil + 1 tsp baking powder = 1 egg
- 1 tsp plain gelatin + 1 Tbsp warm water (don't mix until ready to use) = 1 egg
- 1 Tbsp ground flax seed + 3 Tbsp water = 1 egg (whisk together and let sit for a few minutes).

Sample meal plan

The following meal plans will give you some ideas of egg-free meals to prepare for your child:

Sample menu #1	Sample menu #2
Breakfast: Cereal with milk Cinnamon toast (egg-free) Orange juice	**Breakfast:** Bagel (egg-free) with cream cheese Orange Slices Milk
Snack: Sliced apple with peanut butter Milk	**Snack:** Sliced banana, animal crackers Milk
Lunch: Ham and cheese sandwich (egg-free) Carrot sticks Yogurt	**Lunch:** Macaroni and cheese (egg-free) Green peas Yogurt
Snack: Graham crackers with cream cheese Strawberries Milk	**Snack:** Cottage cheese with pears Milk
Dinner: Spaghetti (egg-free) Breadsticks (egg-free) Green beans Milk	**Dinner:** Soft tacos Corn (frozen or canned) Watermelon Milk

What type of foods can my child eat?

The following tables list some general foods that are okay to eat and egg-containing foods that should be avoided. Always read food labels for egg or egg ingredients.

Foods you can eat (No egg)	Foods you should NOT eat (Contain egg)
Vegetables	
• All fresh vegetables • Canned vegetables (make sure egg-free) • Frozen vegetables (make sure egg-free) • Baby vegetables (make sure egg-free)	• Scalloped corn • Potato pancakes • Sweet potato puffs • Caesar salad (mayonnaise) • Coleslaw (mayonnaise) • Salads with hard-boiled eggs
Fruit and fruit juices	
• All fresh fruits • All baby fruits (make sure egg-free) • Canned and frozen fruits (make sure egg-free)	• Any canned, frozen or processed fruit made with egg or egg products
Bread, cereal, rice, pasta	
• Breads (Read labels and make sure they are egg-free) • Crackers, graham, saltines (make sure are egg-free) • Cold and hot cereal (make sure are egg-free) • Corn or potato chips • Granola bars • Homemade, egg-free muffins • Pastas (make sure egg-free) • Rice, plain, cooked • Rice noodles • Tortillas, taco shells • Pizza	• Batter fried foods • Commercial breads, rolls with egg products in them • Crackers and chips with egg protein added • Doughnuts • Egg noodles/pasta • Egg salad sandwiches • French toast • Fritters • Macaroni or potato salad • Muffins • Pretzels • Rice prepared with egg protein
Milk and dairy prodcuts	
• Buttermilk • Cheeses: cheddar, monterey, mozzarella, parmesan, swiss, provolone, and colby jack • Cottage cheese • Cream • Milk; nonfat, 1%, 2%, whole, chocolate • Homemade pudding- (make sure egg-free) • Ricotta cheese • String cheese • Sour cream	• Custard • Custard yogurt • Dairy products with egg • Eggnog • Ovaltine • Puddings
Proteins	
• All plain cooked fish, poultry, beef, pork, lamb, and other meats w/out egg added in processing or preparation • Baby meats (make sure egg free) • Bacon • Nuts and seeds	• Batter Fried or breaded fish, poultry, beef, pork or other meats • Croquettes • Deviled, hard boiled, scrambled, fried eggs • Egg substitutes (Egg replacers may be okay)

Foods you can eat (No egg)	Foods you should NOT eat (Contain egg)
Proteins (Continued)	
• Plain, cooked or canned beans, peas, lentils • Peanut butter • Refried beans • Tuna or salmon canned in water or oil	• Meatballs, • Meat loaf • Omelettes • Some sausages • Frozen entrees: check for egg products
Desserts	
• Frozen juice bars • Fruit Roll-ups • Fruit snacks • Gelatin • No-bake cookies • Homemade cookies with no eggs • Most homemade fruit pies	• Angel food cake • Bownies • Cakes • Candy; cream filling, nougat, divinity • Cookies • Cream filled pies • Custard • Some ice creams • Meringues • Puddings • Some gelatino • Souffles
Miscellaneous	
• Barbeque sauces • Honey • Jelly/Jam • Ketchup • Molasses • Mustard • Oils • Pickles • Popcorn • Sugar • Soy sauce, teriyaki sauces • Salsa • Tomato soup • Vegan mayonnaise • Vinegars	• Egg drop soup • Egg rolls • Macaroons • Mayonnaise • Meringue • Noodle Soups • Baby foods with Pasta • Vaccines (discuss with your doctor as some vaccines egg based)

What should I do for my child when he goes to school?

For information about allergies and school, visit this website: http://www.foodallergy.org/files/media/food-allergy--anaphylaxis-network-guidelines/SchoolGuidelines.pdf

Egg allergy books and resources

Books

- *What's to Eat? The Milk-Free, Egg-Free, Nut-Free Food Allergy Cookbook*
  by Linda Marienhoff Coss
- *Bakin' Without Eggs: Delicious Egg-Free Dessert Recipes from the Heart and Kitchen of a Food-Allergic Family*
  by Rosemarie Emro
- *The Parent's Guide to Food Allergies*
  by Marianne S. Barber
- *Dealing with Food Allergies: A Practical Guide to Detecting Culprit Foods and Eating a Healthy, Enjoyable Diet*
  by Janice Vickerstaff Joneja;
- *Food Allergy Field Guide: A Lifestyle Manual for Families*
  by Theresa Willingham
- *Caring for your Child with Severe Food Allergies: Emotional Support and Practical Advice from a Parent Who's Been There*
  by Lisa Cipriano Collins
- *Allergy-Free Cooking for kids: A Guide to Childhood Food Intolerance with 80 Recipes*
  by Antionette Savill
- *The Complete Guide to Food Allergy and Intolerance: Prevention, Identification, and Treatment of Common Illnesses and Allergies Caused by Food*
  by M.D. Jonathon Brostoff
- *The Food Allergy Survival Guide: Living and Thriving with Food Allergies and Sensitivities*
  by Versanto Mesina, Dina Aronson, Jo Stepaniak,

Online resources

- www.foodallergy.org
- www.utahfoodallergy.org
- http://www.aaaai.org/patients/publicedmat/tips/foodallergy.stm

- http://www.nlm.nih.gov/medlineplus/foodallergy.html
- http://kidshealth.org/parent/medical/allergies/egg_allergy.html
- http://www.nal.usda.gov/fnic/foodcomp/search/

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