

EGGS PAGE 1

EGG Allergies

You may diagnose yourself with a food allergy to eggs by eliminating egg from the diet for several weeks. If the symptoms ease, foods may be reintroduced individually on a rotary diversified diet schedule. This process is very difficult, but the results are well worth it. To begin your elimination diet, egg must be avoided in all forms. Ask Dr. Nofsinger about other testing methods to detect food allergies.

Allergy to eggs is usually observed in young children rather than adults, and like cow's milk allergy, fades with time. Occasionally children suffer from a severe form of allergy which is not outgrown. The main allergens are the egg white proteins ovomucoid, ovalbumin, and ovotransferrin. The eggs of other poultry, such as ducks, are very similar to those of hens and can cause reactions in egg-allergic individuals.

Egg Derivatives can be identified on food label as follows:

- Albumin
- Egg Powder
- Egg Protein
- Egg White
- Egg Yolk
- Dried Egg
- Frozen Egg
- Globulin
- Livetin
- Ovalbumin
- Ovaglobulin
- Ovomucin
- Ovovitellin
- Pasteurised Egg
- Vitellin
- Lecithin (also known as E322, this may be an egg derivative, but it is usually derived from soya. Still, it is important to be aware that E322 is a possible allergen, if you suffer from egg allergy.)

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This is a list of foods and household products typically containing eggs.

1. Many baby foods such as fruit and custard puddings and those foods which include noodles.
2. Some baking powder contains egg.
3. Cake, cookies, doughnuts, macaroons, pastries, pancake and waffles batter, pretzels, French toast, pie crust, muffins, meringues and diet cookies.
4. Cooked or raw eggs, soufflés, fritters and egg noodles.
5. Cosmetics and Beauty Products, especially Hair Shampoos and Conditioners.
6. Ice cream, ices and sherbets unless made at home from egg-free products.
7. Mayonnaise, hollandaise sauce, tartar sauce, salad dressing with eggs, icings, marshmallows, nougats, fondants, chocolate creams, filled candy bars.
8. Ovaltine, ovomalt and root-beer.
9. Prepared flours such as Bisquick, pancake flour, etc.
10. Sausage and meatloaf unless ground at home and prepared with no egg.

EGG SUBSTITUTES

Eggs are used in baking for two reasons: *bind* ingredients together and *leaven* (make baked goods rise).

To Replace One Egg:

1. 1 teaspoon of baking powder, 1 tablespoon of water, and 1 tablespoon of vinegar
2. 1 teaspoon of yeast dissolved in ¼ cup warm water
3. 1 ½ tablespoon of water, 1 ½ tablespoon of oil, 1 teaspoon of baking powder
4. 1 packet plain gelatin, 2 tablespoons of warm water. Do not mix until ready to use.
5. Whole Egg Replacer
6. Egg White Replacer
7. 1/2 Banana Mashed
8. 1 tablespoon of Gram flour and 1 tablespoon of water