

Dietary avoidance – egg allergy

Egg allergy is a common food allergy. Eggs can be found in a wide range of foods. Avoiding whole egg, raw egg and egg-containing foods is essential for individuals with confirmed egg allergy. Therefore, it is important to read and understand food labels to be able to choose appropriate foods. While some children will tolerate some egg baked into cake and biscuits, this should only be tried with specialist medical advice. Uncooked eggs and egg cartons should be kept well out of reach from young children with egg allergy.

The following foods and ingredients **CONTAIN** egg and should be avoided:

Albumen or albumin	Globulin	Pancakes, pikelets
Apovitelin	Imitation egg product	Pastries (e.g. chocolate eclairs, cream puffs, tarts, pies)
Avidin	Livetin	Pavlova
Dried egg	Lysozyme	Powdered egg
Egg (white or yolk)	Meringue	Quiche
Egg noodles	Meringue mix	Silici albuminate
Egg solids	Omelette, soufflé, frittata	Simplese
Flavoproteins	Ovalbumin	Waffles
French toast	Ovomucin	
Fritters	Ovomucoid	
Glaze (on baked goods)	Ovovitelin	

Check labels on the following foods to see if they contain egg and if they do, avoid them:

Asian dishes	Dips	Mousse
Battered food	Fried rice	Muffins
Biscuits	Health drinks	Nougat
Breads, breaded foods, Naan bread	Ice cream, frozen desserts	Pasta
Cakes/cake mixes	Icings	Pie filling
Chocolate soft centres	Lemon butter	Prepared meats (e.g. schnitzel)
Confectionary/lollies/caramel	Malted chocolate drinks	Prepared soups, consommés
Croissants	Mayonnaise and salad dressings	Processed meats (e.g. rissoles)
Crumbed foods	Melts	Shiny glaze on baked goods
Custards	Milk puddings, puddings	Tarts and pastries
Dessert mixes	Mock or butter cream	

Egg alternatives/substitutes

It is possible to make cakes and muffins without egg by adapting recipes you use at home. The texture of the product may be a little different, but they will taste the same.

Summary of egg substitutes

1 egg	For baking (cakes and biscuits):	For binding:
	= 1 tsp egg replacer + 2 tbsp water	= ¼ cup mashed potato or pumpkin
	= 1 tsp baking soda + 1 tbsp water + 1 tbsp vinegar	= ½ cup mashed banana or pureed apple
	= 1½ tbsp water + 1½ tbsp. oil + 1 tsp baking powder	

Commercial egg substitutes

Commercial egg substitutes can be used in cakes and biscuits, pancakes and fritters but will not make scrambled eggs or meringues. These products contain potato, tapioca starch and vegetable gums.

Note: Egg is sometimes used for fining wine but is considered to pose a very low risk of triggering allergic reactions. Discuss this with your allergy specialist if you are concerned. Egg lecithin (additive 322) is tolerated by most egg allergic individuals.

© ASCIA 2014

ASCIA is the peak professional body of clinical immunology/allergy specialists in Australia and New Zealand

Website: www.allergy.org.au

Email: info@allergy.org.au

Postal address: PO Box 450 Balgowlah NSW 2093 Australia

Disclaimer

Dietary avoidance should only be undertaken if there is a medically confirmed food allergy. Please check with your medical specialist to ensure this educational information is appropriate to you. This document has been developed and peer reviewed by ASCIA members and is based on expert opinion and the available published literature at the time of review. Information contained in this document is not intended to replace medical advice and any questions regarding a medical diagnosis or treatment should be directed to a medical practitioner. The development of this document is not funded by any commercial sources and is not influenced by commercial organisations.