



EGG FREE DIET INFORMATION SHEET

Avoid all food products that contain **egg** as an ingredient (required by U.S. law to list the word **“egg”** on the product label.)

Avoid foods that use other words that mean, contain or may contain egg:

albumin	mayonnaise
eggnog	meringue
globulin	nougat
lecithin	ovalbumin
livetin	ovomucin
lysozyme	ovomucoid
marzipan	ovovitellin
marshmallow	surimi

Egg is sometimes found in baked goods and egg substitutes.

- A shiny glaze or yellow baked good may indicate egg.
- Simplese is a fat substitute that can be made from egg or milk.
- Clarifying agents in soup, stock, bouillon, coffee, consomme may contain egg.

Egg replacement recipe- for each egg in a recipe, can use one of the following:

- 1 teaspoon baking powder, 1 tablespoon water, 1 tablespoon vinegar
- 1 teaspoon yeast dissolved in ¼ cup warm water
- 1 tablespoon apricot puree
- 1 ½ tablespoon water, 1 ½ tablespoon oil, 1 teaspoon baking powder
- 1 packet of gelatin, 2 tablespoons warm water (mix when ready to use)
- Egg replacer from Ener-G foods (ener-g.com, 1-800-331-5222)

For additional information: www.foodallergy.org