

Egg-Free Diet Sheet

Please use this diet sheet under the supervision of a registered dietitian

Foods Allowed

Milk and Dairy:	Milk Frozen yoghurt (made without egg) Cheese Butter
Bread and Cereal:	Bread (baked without egg) Buns (baked without egg) Baked goods (baked without egg) French or Italian bread Soda Crackers Plain cooked grains Plain oatmeal Ready-to-eat cereals made without egg Egg-free pasta Egg-free baking mixes
Vegetables:	All vegetables and their juice extracts are allowed in an egg free diet unless prepared or combined with egg (see specific foods restricted - vegetables).
Legumes:	All legumes are allowed in an egg free diet unless prepared or combined with egg (see specific foods restricted - legumes). Plain tofu Plain peanut butter
Fruit:	All fruit and their juice extracts are allowed in an egg free diet unless prepared or combined with egg (see specific foods restricted - fruit).
Meat, Poultry and Fish:	All fresh, frozen or canned meat, poultry and fish unless prepared or combined with egg e.g. Battered or crumbed with eggs
Nuts and Seeds:	All plain nut and seeds
Fats and Oils:	Margarine Shortening Butter Cream Pure vegetable oil Lard & meat drippings Gravy
Spices and Herbs	All spices and herbs are allowed in an egg free diet.
Miscellaneous:	Tea, herbal tea, coffee Carbonated beverages

General Foods Restricted

Milk and Dairy:	Milk drinks (containing egg) Frozen desserts (containing egg) Specific foods Butter (dairy) Ice cream conc / Cornet
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Yoghurt / Yogurt / Joghurt

Bread and Cereal: Commercial or homemade baked goods made with egg
Instant oatmeal
All baking mixes containing egg or baking powder
Egg noodles and macaroni
Cake flour
Creamy fillings
Breakfast cereals made with egg
French toast
Specific foods
Pasta
Scones

Vegetables: Vegetable dishes made with egg
Specific foods
Battered vegetables
Breaded vegetables
Creamed vegetables
Scalloped Vegetables

Legumes: Legume dishes prepared with egg

Fruit: Lemon curd

Meat, Poultry and Fish: Meat, poultry and fish prepared or combined with egg
Check labels on processed meat

Specific foods
Battered meat, poultry and fish
Breaded meat, poultry and fish
Creamed meat, poultry and fish
Egg - ovomucoid
Egg - white
Egg - yolk
Egg (processed / extender)
Egg (scrambled mix)
Egg products
Egg roll
Eggnog
Meat (sausage)
Scotch eggs

Nuts and Seeds: Glazed or in baked goods with egg

Fat and Oils: Salad dressings that list egg in any form as an ingredient.
Real mayonnaise
Fat substitutes

Spice and Herbs: None

Miscellaneous: Bearnaise sauce
Binders
Bouillon
Candy / sweets
Eggnog
Hollandaise Sauce
Marshmallows
Protein powder
Provitamin A
Souffles

Specific foods

Batter / Battered food
Cake (sponge)
Cakes
Custard
Lemon curd
Marshmallow
Meringue
Simplese
Sweets / Candy
Vaccine
Waffle
Wide range food

**Unreferenced
Sources / Other:**

Apovitellin
Bread (some may contain egg, e.g., kiltie bread)
Certain cereal beverages are egg-free while others contain eggs, so check labels
Croquettes (some may use egg as a binder)
Egg may be used as a clarifier in consommé, soft drinks or beer and wine, so it is safer to make your own stock.
Malted and chocolate drinks - read labels
Ovoglobulin
Ovotrans-ferrin
Processed meat (some may use egg as a binder) e.g. meat loaves, sausages
Salad dressings (if egg is an ingredient)
Salads containing egg

Ingredient terms to avoid on labels

Albumin
Avidin
Conalbumin
Cystatin
Dried egg
Egg
Egg lecithin
Egg lysosome
Egg noodles
Egg oil
Egg powder
Egg solids
Egg white
Egg yellow
Egg yolk
Egg yolk extract
Hollandaise sauce
Lipovitellin (yolk)
Lipovitellin (yolk)
Livetin
Lysozyme
Mayonaise
Meringue
Nougat

Ovalbumin
Ovamucin
Ovamucoïd
Ovoflavoprotein
Ovoglobulin
Ovoinhibitor
Ovomacroblobulin
Ovomucin
Ovomucoïd
Ovotransferrin/ Conalbumin
Ovovitellin
Phosvitin
Powdered egg
Silici Albuminate
Vitellin
Whole egg
Yolks

Label Alerts

CHECK LABELS ON ALL PROCESSED FOODS - if a food label is absent, unclear or vague it is best to avoid it. Read all labels, even familiar brands, as manufacturers may change suppliers or ingredients.

Many manufacturers use egg to coat the outside of food such as baked products and deli meats - this may not appear on the labels.

See <http://AllAllergy.net> - Food Alerts, and, <http://www.safetyalerts.com>

Substitutes

Eggless egg replacers are available in many health food stores. These are different from the reduced-cholesterol egg products, which do contain eggs. Egg replacers are generally egg-free and are usually in a powdered form.

BAKING

Eggs in recipes can often be replaced by adding 2-3 extra tablespoons (30ml - 45ml) of water for each egg eliminated to balance the moisture content of the product.

Replace eggs in baking with a mixture of the powdered egg replacer and water according to package directions.

1 heaped tablespoon of soy flour or cornstarch plus 2 tablespoons of water per egg in a baked product.

30g (1oz) of mashed tofu per egg.

In muffins and cookies, ½ mashed banana can be used instead of an egg, though it will change the flavour of the recipe.

Equivalent to 1 egg, for baking:

1 tsp (5ml) unflavored gelatin

2 tblsp (30ml) + 1 tsp (5ml) boiling water

3 tblsp (45ml) cold water

2 tblsp (30ml) whole wheat flour + 1/2 tsp oil + 1/2 tsp baking powder + 2 tblsp liquid (water, fruit juice or milk)

BINDING

For vegetarian loaves and burgers, use any of the following to bind ingredients together: tomato paste, mashed potato, moistened breadcrumbs, rolled oats.

Arrowroot powder - 1 tbsp for 1 cup non-glutenous flour

Tapioca flour can be used as a binder for muffins or biscuits dough - 1tbsp tapioca flour per 1 cup flour in a recipe

Each of these is the replacement of 1 egg as a binder:

-½ large mashed banana

-¼ cup (62½ ml) applesauce or pureed prunes

-1 tbsp (15ml) ground flaxseed mixed with 3 tbsp (45ml) water

-1½ tbsp (22½ml) water, 1½ tbsp (22½ml) oil, and 1 tsp (5ml) baking powder

-Combine one packet of unflavored gelatin with 1 cup (250ml) boiling water - 3 tbsp (45ml) of this mixture equal one egg

-1 tbsp (15ml) apricot puree

-¼ cup (62½ml) of soft tofu

-¼ cup (62½ml) soymilk

LEAVENING

-2 tbsp (30ml) carbonated water and 2 tsp (10ml) baking flour

-1 tsp (5ml) baking powder, 1 tbsp (15ml) water, and 1 tbsp (15ml) vinegar (add vinegar separately at the end for rising)

-Dissolve 1 tsp (5ml) yeast in ¼ cup (62½ml) warm water

-1 heaped tbsp (15ml) of soya flour and 1 tbsp (15ml) water

-1 tbsp (15ml) bean flour and 1 tbsp (15ml) oil

-1 tbsp (15ml) of arrowroot powder mixed with 3 tbsp (45ml) water

-1 tbsp (15ml) cornstarch mixed with 3 tbsp (45ml) water

-2 tbsp (30ml) gluten flour or unbleached white flour, 1½ tsp (7½ml) corn oil, ½ tsp (2ml) baking powder, and 2 tbsp (30ml) water

WHIPPING

-½ tsp (1ml) xanthan gum with about ¼ cup (62½ml) of water. Let stand. It thickens, and can be whipped like an egg white.

COOKING

For each egg required in cooking the following substitutes can be used:

1.) One packet of plain gelatin mixed with 2 tbsp (30ml) of warm water. Do not mix gelatin with water until you are ready to use it or it will congeal, or

2.) 1 tsp (5ml) baking powder + 1 tbsp (15ml) liquid + 1 tbsp (15ml) vinegar, or

3.) 1 tsp (5ml) yeast dissolved in ¼ cup (62½ml) warm water, or

4.) 1 tbsp (15ml) of apricot puree, or

5.) 2 tbsp (30ml) of water + 1 tbsp (15ml) vegetable oil + 1 tbsp (15ml) baking powder

CONSISTENCY

1tsp baking powder fo each egg omitted

Nutritional Substitutes

Just eliminating eggs from your diet does not cause vitamin or mineral deficiencies.

Deficiencies in an egg free diet may result from the need to eliminate a lot of grain foods because they are made with egg. The elimination of eggs and grain may result in a deficiency of Vitamin B (thiamin and niacin).

Reminders

Medic Alert

Cross-reactivity

Non-food items, e.g., shampoo, vaccinations, some fur garments, unwashed printed natural fabrics, sensitized photographic equipment

Free-from Recipes and Related Information

http://allallergy.net/recipes/recipes_egg.cfm