
Egg / Corn / Milk / Soya / Wheat-Free Diet Sheet

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

Foods Allowed

Milk and Dairy: No milk or milk products are allowed.

The following can be seen as substitutes for milk:

Coconut milk
Nut milk
Milk-free margarine

Bread and Cereal: Plain cooked grains

Bran flours, grains and starches made with: Amaranth, arrowroot, barley, buckwheat, chickpea, couscous, flax, kasha, lentil, malt, millet, non-enhanced rice, nut, oats, pea, potato, quinoa, rice, rye, sago, seed, sorghum, tapioca and wild rice.

Breads, buns and baked goods made from substitute flours and starches e.g. rice bread

Crackers and snacks:

Potato chips
Rice cakes (plain or with allowed seeds and grains)
Rice crackers

Cereals:

Puffed rice
Puffed millet
Puffed amaranth

Pasta:

Buckwheat pasta
Mung bean pasta
Rice noodles and pasta
Brown rice pasta
Wild rice pasta

Vegetables: All fresh, frozen or canned vegetables and their juice extracts are allowed, unless they are prepared or combined with restricted ingredients.

Sprouted grains and seeds not on restricted list.

Starches allowed:

Tapioca
Potato
Arrowroot
Sweet potato.

Legumes: All plain legumes (except soy and tofu) not prepared in combination with milk or milk products, egg, wheat or maize.

Plain peanut butter.
Beans
Fava Beans
Garbanzo Beans
Lentils

Peas

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)..
All pure fruit and fruit juices.
All fruit and their fruit juice extracts are allowed, unless they are prepared or combined with wheat or wheat products. (See specific food restricted fruit)..
All fruit and their juice extracts are allowed, unless they are prepared or combined with milk or products of milk.
All fresh, frozen or canned fruit and their juice extracts are allowed, unless they are prepared or combined with soy or products of soy..

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, wheat or wheat products like bread crumbs and batters, soya, maize or milk.

Those prepared with allowed grain crumbs or batters.
Plain deli meats such as roast turkey, chicken, ham etc.
Fish canned in water..

Nuts and Seeds: All plain nut and seeds.
All pure nut and seed oils.
All pure nut and seed butter.

Tahini
Almond butter
Peanuts
Peanut butter.
Almond
Chestnut
Acorn
Hazelnut
Walnuts
Brazil nuts
Cashews
Water chestnuts
Sunflower seeds
Mustard seeds
Sesame seeds
Safflower
Coconut
Poppy
Alfalfa

Fats and Oils: Lard & meat drippings
Gravy (milk, wheat and corn free).
Margarine made with allowed grains
All pure vegetable, nut, seed and fish oils, including olive, sunflower, safflower, canola, avocado, peanut, sesame, mustard and walnut oils except soya.
Lard and meat drippings
Pure fish oil

Spices and Herbs All pure herbs and spices and blends of herbs and spices without added oil.

Miscellaneous: Tea, herbal tea, coffee
Carbonated beverages
All artificial sweeteners except those containing lactose.
Carob chocolate
Plain sugar
Honey
Molasses
Maple syrup

Corn syrup
Pure baking chocolate
Artificial sweetener
Jam and jellies
Homemade cookies and candies with ingredients revealed
Preserves (prepared without wheat)
Cocoa powder

General Foods Restricted

Milk and Dairy: Avoid all milk and milk products
Milk (whole, 1%, 2%, reduced fat, low fat, nonfat, fat free)
Acidophilus milk
Artificial butter
Cheese food and cheese flavour
Cream, ghee
Cultured milk
Milk fat, milk protein
Yoghurt powder
Buttermilk solids
Nonfat milk solids, milk solid paste.
Frozen desserts (containing egg).
Any sauces made or thickened with corn containing products.
Instant cocoa, chocolate mixes, malted milk.
Cheese sauces, spreads and foods containing wheat.

Specific foods

Amasi
Bologna
Butter (dairy)
Buttermilk
Cheese - Cottage, creamed
Cheese Spread
Cheese Spread - Reduced fat
Chocolate
Chocolate confectionery
Chocolate products
Cocoa and milk
Dessert (milk)
Dessert (powdered, milk)
Drinks (chocolate, powder)
Ice cream
Ice cream cone / Comet
Infant formula / Infant milk / Hydrolysate
Malted milk powder
Milk - alpha lactalbumin
Milk - beta-lactoglobulin
Milk - boiled
Milk - cow's (processed)
Milk - cow's milk formula
Milk - curds
Milk - dried
Milk - powder (Alfare, Nestle)
Milk - whey
Milk (condensed)

Milk (dried, vending machines)

Milk (evaporated)

Milk (fermented)

Milk (flavoured)

Milk (powdered)

Milk (skim)

Milk (solids)

Milk / Cream substitute

Milk products

Milkshake

Yoghurt / Yogurt / Joghurt

Bread and Cereal: Any bread, cookies, desserts, commercial or homemade baked goods, crackers and snacks made from milk, milk products, eggs, cornstarch, wheat, restricted flours and starches.

Instant oatmeal

All baking mixes containing egg or baking powder

Cake flour

Creamy fillings

French toast

Corn flour, corn bran, corn grits, corn tortillas, corn malt, corn meal.

Canned, fresh, frozen or creamed corn.

Hominy, grits

Dark breads (tend to use caramel for colouring)

Popcorn

Cracker meal

Egg noodles and macaroni and pasta made with wheat flour

Most cereals as well as those containing egg, corn, wheat

Specific foods

Baked goods

Biscuits / Cookies

Bran

Bread

Bread (buns)

Bread (rolls)

Bread (white)

Breakfast cereal / Porridge / Cereals (enriched)

Bulgur wheat / Bulghur wheat

Cereal Mixes

Chocolate biscuits

Corn starch / Corn flour / Cornstarch

Commeal

Couscous

Drinks (fermented malt)

Durum wheat

Einkorn wheat

Farina

Flour

Flour products

Graham flour

Grits

Hominy

Indian chappatis / Chapati

Kamut

Macaroni
Masa harina
Muffins
Noodles
Pasta
Pasta products
Pretzels
Rye bread
Scones
Semolina
Spagetti
Spelt
Tortilla
Udon
Wheat berries
Wheatburger
Wheatgerm / Wheat germ

Vegetables:

Vegetable dishes made with egg.
Vegetables prepared with a dressing or garnish containing corn.
Vegetables prepared with a dressing or garnish containing wheat or wheat products.
Vegetables prepared or combined with milk or products of milk.
Fresh, frozen or canned vegetables and their juice extracts are restricted when they are prepared or combined with soy or products of soy, e.g. soya sprouts or mixed sprouts.

Specific foods

Battered vegetables
Breaded vegetables
Burger (vegetable)
Creamed vegetables
Mashed vegetables
Potato (croquette, frozen)
Potato (instant, mashed)
Scalloped Vegetables
Textured vegetable

Legumes:

Legume dishes prepared with egg.
Legume dishes containing corn..
Legume dishes prepared or combined with wheat or wheat products.
Sprouted wheat.
Legumes prepared in combination with milk or products of milk
All legume dishes prepared or combined with soy or products of soy.
Edamame. Shoyu sauce. Soya cheese. Soya milk. Soya nut butter. Soya sprouts, Soya yoghurt, Terripeh, Teriyaki sauce.

Specific foods

Natto
Soy milk / Soya milk
Soya (Tofu) / Soya Bean Curd
Soya bean paste / Miso (fermented)
Soya condiments
Soya oil / Soy oil
Soya sauce / Soysauce / Soy sauce
Soya sausage
Soybean lecithin

Textured vegetable protein / TVP (soya)

Fruit:

Lemon curd.
All fruit dishes containing corn.
All fruit dishes containing wheat.
All fruit dishes containing milk.
All fruit dishes containing egg.
All fresh, frozen or canned fruit and their juice extracts are restricted when prepared or combined with soy or products of soy..

Specific foods

Fruit (spreads)

Meat, Poultry and Fish:

Meat, poultry and fish prepared or combined with egg.

Meats which may contain corn: battered or breaded meats, croquettes, lucheon meats, meat loaves, patties, sausages, spreads, pate, stuffing, wieners, processed meats,

Meat, poultry or fish prepared with milk or products of milk.

Any meat, poultry and fish prepared or combined with soy.

Meats, poultry or fish that are prepared or combined with wheat.

Specific foods

Battered meat, poultry and fish

Breaded meat, poultry and fish

Cold cuts

Creamed meat, poultry and fish

Egg - ovomucoid

Egg - white

Egg - yolk

Egg (processed / extender)

Egg (scrambled mix)

Egg products

Egg roll

Eggnog

Meat (canned)

Meat (hamburger patties)

Meat (lunch meat)

Meat (manufactured)

Meat (paste)

Meat (pate)

Meat (processed)

Meat (salami sausage)

Meat (sausage)

Meat loaf

Sausage

Scotch eggs

Shrimp - cooked (Crustacea)

Wieners

Nuts and Seeds:

Glazed or in baked goods with egg.

Those containing restricted grains, MSG, HVP, TVP, HPP..

Those prepared or combined with milk or products of milk.

Nuts of undisclosed origin.

Snack nuts and seeds (containing HVP* HPP* or MSG* or malt* or restricted grain products).

Fat and Oils:

Salad dressings that list egg in any form as an ingredient, containing milk or milk products, with unrevealed oil source, made from corn

Real mayonnaise
Fat substitutes.
Corn oil
Gravy thickened with corn flour.
Butter
Margarine containing whey or milk, wheat
Margarine unless source of oil is revealed to be soya free
Shortening
Vegetable oil sprays besides olive oil spray.

Spice and Herbs: Seasoning containing restricted grains.
Seasoning mixes containing HVP* HPP* or MSG* or malt* e.g. Aromat.
Seasoning packets with oils that are not specified
Sauces containing soya
BBQ
Oriental
Worcestershire sauce
HVP, HPP, TVP.
Specific foods
Black pepper powder

Miscellaneous: Bearnaise sauce
Binders
Bouillon
Candy / sweets
Eggnog
Hollandaise Sauce
Marshmallows
Protein powder
Provitamin A
Souffles.
Golden syrup.
Sweets containing wheat of unknown origin.
Ammonium caseinate
Potassium caseinate
Sodium caseinate
Magnesium caseinate
Whey hydrolysate
Whey protein hydrolysate
Casein hydrolysate
Milk protein hydrolysate.
All other chocolate, marzipan, cookies and candies unless sources are revealed to be soya free.
Specific foods
Ale
Baby foods
Baker's asthma
Batter / Battered food
Beer
Bourbon
Cake (sponge)
Cakes
Cakes (pre-packed mix)
Chips and extruded snacks
Chocolate substitute
Coffee whiteners / Coffee creamer
Corn syrup / Corn sugar / Dextrose

Custard
Custard icing
Custard powder (instant)
Drinks (alcoholic)
Fudge
Gin
Granola
Gravy
Hot dogs
Hot milk puddings
Hydrolysed vegetable protein / HVP
Icing toppings
Ketchup / Tomato sauce
Lemon curd
Marshmallow
Marzipan / Almond paste
Meringue
Muesli
Oriental cooking
Oriental food
Pancakes
Pies
Pizza
Pudding (pre-packed, sponge)
Pudding / Dessert
Pudding / Dessert mix
Sandwich spread
Sauce
Shoyu
Simplese
Skin cream / moisturiser
Snack food
Sorbet
Soup
Soup (canned)
Soup (concentrates)
Soup (packet mix)
Starch
Stock cubes (Bouillon)
Succotash
Sweets / Candy
Taco chips
Taman
Toileteries
Toppings
Turkish delight
Vaccine
Waffle
Whiskey / Whisky
White sauce
Wide range food
Wine

| | |
|---|--|
| | Worcestershire sauce |
| Unreferenced Sources / Other: | Acid whey, cured whey, whey protein, whey solids, delactosed whey, hydrolyzed whey, demineralised whey, sweet dairy whey, whey concentrate |
| | Apovitellin |
| | Baked beans (the sauce may be made with wheat) |
| | Baking powder (some brands use potato starch instead of corn starch) |
| | Cake icing |
| | Candy |
| | Candied fruit |
| | Canned fruit |
| | Canned fish in oil |
| | Cereals that contain milk or milk solids as an ingredient. |
| | Cheese substitutes |
| | Chocolate bars (unless sources are revealed) |
| | Chocolate mixes |
| | Commercial pie fillings and jams |
| | Commercially made fish cakes |
| | Commercial fruit products |
| | Commercial vegetable products |
| | Croquettes (some may use egg as a binder) |
| | Dessert mixes (unless indicates soya free) |
| | Egg may be used as a clarifier in consommé, soft drinks or beer and wine, so it is safer to make your own stock. |
| | Frozen desserts (unless indicates soya free) |
| | Frozen dinners (check contents) |
| | Frozen french fries |
| | Icing sugar |
| | Imitation bacon bits |
| | Inhalants (may be allergen free) e.g. bath powder, body powder. |
| | Instant coffee |
| | Kinnoko flour |
| | Kyodofu |
| | Marshmallow |
| | Matzoh |
| | Meat sandwich spreads |
| | Minced beef (check, may contain) |
| | Natto |
| | Natural flavouring |
| Oiled or polished fruit | |
| Oiled or polished vegetables | |
| Okara | |
| Ovoglobulin | |
| Ovotrans-ferrin | |
| Sherbet | |
| Soy gnts, soya meal, soya albumin, soya bran, soya concentrate, soya fibre, soya formula, soyabean granules, textured soya flour. | |
| Supro | |
| Sweetener/sugar substitutes containing lactose. | |
| Tacos | |
| Taman | |
| Vegetable oil sources (as soya oil is often included in the blend) | |
| Yakidofu | |
| Yuba | |

Soyabeans are often used in the manufacturing of machine oils, printers ink and stockfeed.

Soya proteins may also be found in adhesives, blankets, body lotions and creams, enamel paints, fabric finishes, fabrics, fertilizers, flouring materials, lubricants, nitroglycerine, paper and soaps.

The following may contain soya: gum arabic, margarine, mono or diglyceride, olefin, vitamin E, modified food starch.
Oils made from wheat should be free of wheat allergens unless a poor process is used.

Starches used to thicken sauces may be made from wheat or maize/corn, and is allergen free.

DEXTROSE AND SYRUPS

(made from corn/maize is usually allergen free)

Caramel coloring

Cereals (pre-sweetened)

Cola and other drinks (use corn syrup, cane or beet sugar)

Frozen orange juice

Fruit dessert

Confectioners sugar

Jellies (commercial)

Jams (commercial)

Invert sugar

Invert syrup

Corn sugars

Glucose (may be corn sugar)

Sorbitol (produced from the breakdown of Dextrose)

Sports drinks

Sweetened fruit

Sweeteners made from corn

The allergenic component is usually not present in the following:

Adhesives on stamps and envelopes, labels

Alcoholic beverages, especially sweet wines

Corn alcohol

Corn extract

Corn starch (food starch, modified corn starch)

Dextrin (thickening agent)

Fructose

Gluconic delta lactone (GDL, additive in cured meats)

Gluten

High fructose corn syrup

Hydrolysed corn

Hydrolysed corn protein

Lactic acid

Malt syrup

Maltodextrin (thickening agent)

Paper cups and plates

Plastic food wrappers (some)

Soap (some)

Stamps

Stickers

Tape

Vegetable starch and gum

Vinegar

Xanthan gum (thickener)

Zein (Yellow powder used in textile fibers, plastic and paper coating)

PHARMACEUTICALS: (may be allergen free)

Capsules, Ointments, Suppositories, Vitamins, Tablet or pill medicine

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
Ovamucoid
Ovoflavoprotein
Ovoglobulin
Ovoinhibitor
Ovomacroblobulin
Ovomucin
Ovomucoid
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.

Also look out for the following items on ingredient lists:

cake flour, cereal extract, food starch, malt, malt extract, malt flavouring, pastry flour, seitan, wheat, wheat malt, wholewheat berries.

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 tbsp (30ml) + 1 tsp (5ml) boiling water

3 tbsp (45ml) cold water

2 tbsp (30ml) whole wheat flour + 1/2 tsp oil + 1/2 tsp baking powder + 2 tbsp 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

-1/4 cup (62½ml) of soft tofu

-1/4 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

-¾ 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 $\frac{1}{2}$ 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 for each egg omitted

Nutritional Substitutes

Due to severe restrictions in most food groups, nutrient deficiencies can occur. It is important that you make good, nutrient rich choices from foods allowed. Your dietician can help you to balance your diet. The following nutrients are the most probable deficiencies to occur. Vitamin B (especially thiamin, riboflavin and niacin) deficiency is possible so make sure you include vitamin B rich foods like organ meats, meat poultry, legumes, dried green peas, green vegetables in you diet.

Cow's milk is one of the best sources of Calcium, when excluding Cow's milk from the diet, sufficient alternate sources of calcium should be consumed.

Calcium - Daily Reference Intakes (DRI's)

Infants

0-6 months 210 mg

7-12 months 270 mg

Children

1-3 years 500 mg

4-8 years 800 mg

Males

9-13 years 1 300 mg

14-18 years 1 300 mg

19-30 years 1 000 mg

31-50 years 1 000 mg

50-70 years 1 200 mg

>70 years 1 200 mg

Females

9-13 years 1 300 mg

14-18 years 1 300 mg

19-30 years 1 000 mg

31-50 years 1 000 mg

50-70 years 1 200 mg

>70 years 1 200 mg

Pregnancy

18 years 1 300 mg

19-30 years 1 000 mg

31-50 years 1 000 mg

Lactation

18 years 1 300 mg

19-30 years 1 000 mg

31-50 years 1 000 mg

Be aware that certain calcium supplements have a phosphate binding action.

Vitamin D - direct sunlight on the body will allow the body to make its own, egg yolk, fish and fish liver oils are also good sources.

Protein - easily obtainable from poultry, fish, meat, nuts, legumes, whole grains and vegetables.

Iron - obtainable from meat, liver, legumes, raisins, dried apricots and prunes, pumpkin,

aspargus, broccoli.

Also check to ensure adequate alternative intake of vitamin A, phosphorous, riboflavin and pantothenic acid..

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