

Reading a Label for Egg Allergy

Egg allergy is very common. Eggs are used in many foods to give the food structure, fat, or shine.

Eggs can often be found in these foods:

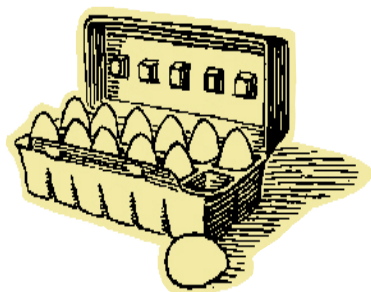
- Custard, ice cream and frozen yogurt
- Breads and pastas
- Fried foods (batter)
- Pretzels and bagels (gives shiny outer coating)
- Soup stocks, consommés, bouillons and coffees (used to clarify)
- Marshmallows, marzipan and some candies
- Beverages such as coffee drinks, root beer (foaming agent) and wine



The Food Label

Eggs are required to be listed on the Nutrition Facts food label. The label will either say “egg” in the ingredient list or say “contains egg” below the ingredient list.

The following ingredients **contain eggs and are not safe**.



- Albumin
- Egg (white, yolk, dried, powdered, solids)
- Egg substitutes (egg beaters)
- Eggnog
- Globulin
- Livetin
- Lysozyme (used in Europe)
- Mayonnaise
- Meringue
- Ovalbumin
- Ovomucin
- Ovomuroid
- Ovovitellin
- Simplese
- Surimi

The following foods or ingredients **may contain eggs**. If there is egg in the product, it will be listed on the label. You may also check with the product maker to be sure.

- Flavoring
- Lecithin
- Macaroni
- Marzipan
- Marshmallows
- Nougat
- Pasta

Egg Substitutes

Egg substitutes are designed for cholesterol free diets and are primarily egg whites. **Egg substitute is not egg free.**

You can replace eggs in baked goods by purchasing egg replacer such as Jolly Joan® by Ener-G Foods®. Here are some simple ways to make your own egg replacer at home to use in baked products.

One egg equals:

- 1½ tablespoons water, plus 1½ tablespoons oil plus, 1 teaspoon baking powder
- OR
- 1 teaspoon baking powder, plus 1 tablespoon water, plus 1 tablespoon vinegar
- OR
- 1 teaspoon yeast dissolved in ¼ cup warm water
- OR
- 1 tablespoon apricot puree or applesauce
- OR
- Mix 1 packet of unflavored gelatin with 2 tablespoons warm water. Use in recipes with another source of leavening (i.e. baking soda or baking powder) since the gelatin functions as a binder, not a leavening agent. Do not mix until ready to use.

