

Egg Allergies

An egg allergy is one of the most common allergies in children, second to cow's milk. The good news: most children outgrow the allergy by age five. Eggs have a variety of cooking/baking properties resulting with their appearance in a wide spread of foods.

Eggs are used to bind, emulsify, thicken, and clarify. Because they are an ingredient used in a lot of cooking process, it is critical to avoid eggs and egg-containing foods by reading labels carefully.

Foods that are commonly associated with egg:

Dried egg solids, dried egg
Egg, egg white, egg yolk
Egg wash
Eggnog
Powdered eggs

Hidden terms to look for:

Globulin
Ovoglobulin
Albumin
Apovitellin-- contained in the egg yolk
Livetin – contained in the egg yolk
Lysozyme-- contained in the egg white
Ovalbumin—contained in egg white
Ovomucin
Ovomucoid—contained in the egg white
Ovotransferrin-- contained in the egg white
Ovovitelia -- found in egg yolk
Ovovitellin – found in egg yolk
Silici albuminate
Simplex—fat replacement
Vitellin - contained in the egg yolk
Lecithin

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Extra care must be taken when consuming the following foods. Be sure to read labels carefully.

Salad Dressing
Mayonnaise
Baked Goods
Baking Mixes
Ice Cream
Custard
Cheesecake
Meringue, marzipan, nougat, marshmallows
Fresh Pasta (read labels for macaroni and dried pasta)
Soups (egg noodles)
Surimi (artificial crab meat)
Meatballs, Meatloaf, Croquettes
Battered/Breaded Meats
Soufflés, quiche
Fried Rice
French toast
Hollandaise Sauce
Protein Shakes (egg white powder)
Root Beer
Specialty Coffee Drinks (egg used as a foaming agent)
Fat Free Foods/Low Fat (Simplese)
Egg white is used as a glaze to brown- bagels, bread rolls, pretzels, pie crusts, and other baked good

At home baking tips:

When baking at home there are several egg replacement recipes available. Replace each egg in a recipe with one of the following egg substitute listed below. For the best results, do not use recipes that require more than three eggs

1 egg = 1 of the egg substitute recipes listed below:

1 teaspoon baking powder + 1 tablespoon liquid + 1 tablespoon vinegar
1 teaspoon yeast dissolved in ¼ cup warm water
1½ tablespoons water + 1½ tablespoons oil + 1 teaspoon baking powder
1 packet gelatin + 2 tablespoons warm water (don't mix until ready to use)
1 tablespoon pureed fruit such as apricots or bananas
1 tablespoon ground flaxseed + 3 tablespoons water

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