

## Avoiding eggs

A wide range of foods may contain egg, including: cakes, pastries, desserts, meat products, salad dressings, glazes, pasta, battered and bread crumbed foods, ice cream, chocolates and sweets.

### Reading food labels

Since December 2014, manufacturers have to highlight the presence of 14 allergens including egg. Allergens may be listed in **bold**, *italics* or underlined. Food businesses also have to provide allergy information on foods sold loose without packaging.

Always check the ingredients list each time you buy as manufacturers may change their product ingredients.

Avoid packets where the label states the food contains any of the following :

- Fresh egg: egg yolk and white (including hen, duck, quail and other birds)
- Processed egg, e.g. powdered, dried and pasteurised
- Egg proteins, e.g. albumin, ovalbumin, globulin, ovoglobulin, livetin, ovomucin, ovovitellin and vitellin
- E322 or Egg Lecithin

Note that some foods contain E322 soya lecithin which is NOT an egg product

## Egg free product lists

You can sometimes get lists of egg free foods directly from food manufacturers and supermarket chains or download lists from their websites.

For example:

- Egg-free mayonnaise, e.g. Granovita Mayola or Plamil mayonnaise
- Egg-free omelette mix, e.g. Allergycare

## Egg-free baking

Vegan recipes are all egg -free by definition.

You can adapt your own cake recipes by using either egg replacers or ½ a ripe banana + ½ teaspoon of baking powder in place of each egg.

Egg replacers are available from larger supermarkets and health food shops. These include:

- Orgran No-egg replacer
- Allergycare whole egg replacer
- Ener-G egg replacer
- Loprofin egg replacer (SHS)

## Partial egg avoidance

Some egg allergic children will be able to eat some forms of egg while still being allergic to others. This usually depends on how well cooked the egg is in a food. More will tolerate well cooked egg than lightly cooked egg, and fewer still will tolerate raw egg. Ask your clinical I team before you start to go up this “egg ladder”.

<b>Well cooked egg</b>	<b>Lightly cooked egg</b>	<b>Raw egg</b>
<ul style="list-style-type: none"><li>• Cakes</li><li>• Biscuits</li><li>• Dried egg pasta</li><li>• Pancakes</li><li>• Egg in sausages, both vegetarian and meat varieties</li></ul>	<ul style="list-style-type: none"><li>• Scrambled egg</li><li>• Boiled egg</li><li>• Fried egg</li><li>• Omelette</li><li>• Egg fried rice</li><li>• Meringues</li><li>• Some marshmallows</li></ul>	<ul style="list-style-type: none"><li>• Fresh mayonnaise and shop bought</li><li>• Fresh mousse and shop-bought mousse which contains egg</li><li>• Icecream</li></ul>

<ul style="list-style-type: none"> <li>• Processed meats such as burgers, prepared meat dishes</li> <li>• Well-cooked fresh egg pasta</li> <li>• Quorn</li> <li>• Sponges and sponge fingers</li> <li>• Chocolate bars which contain nougat or dried egg e.g. Milky Way or Mars bar or Crème egg, some soft centred chocolates</li> <li>• Chewitts</li> <li>• Egg in some gravy granules</li> <li>• Dried egg noodles</li> <li>• Waffles</li> <li>• Commercial marzipan</li> </ul>	<ul style="list-style-type: none"> <li>• Tunnocks teacakes</li> <li>• Lemon curd</li> <li>• Quiche</li> <li>• Poached egg</li> <li>• Pancakes</li> <li>• Egg in batter</li> <li>• Egg in breadcrumb e.g. fish fingers, chicken nuggets</li> <li>• Hollandaise sauce</li> <li>• Quiche and flans (fruity and savoury)</li> <li>• Egg custard and egg custard tarts</li> <li>• Crème caramel</li> <li>• Crème Brûlée</li> <li>• 'Fresh and tinned custard</li> <li>• Yorkshire pudding – some who can eat well-cooked egg can tolerate these, but it depends on how well-cooked they are and if they contain any 'sticky' batter inside</li> <li>• Tempura batter</li> </ul>	<ul style="list-style-type: none"> <li>• Cookie Dough e.g. Ben and Jerry's</li> <li>• Sorbet</li> <li>• Royal icing (both fresh and powdered icing sugar)</li> <li>• Home-made marzipan</li> <li>• Raw egg in cake mix and other dishes awaiting cooking</li> <li>• Raw egg glaze on pastry</li> <li>• Horseradish sauce</li> <li>• Tartar sauce</li> <li>• 'Frico' edam cheese or other cheeses containing egg white lysozyme</li> <li>• Salad cream</li> </ul>
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At the time of publication the information within this leaflet was to the best of our knowledge correct and up to date.

References:

BSACI guidelines for the management of egg allergy (2010)

NDR-uk Egg Free Zone

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