



Allergy Section

How to Read a Label for an
EGG-FREE DIET

Avoid foods with these ingredients:

Albumin
Apovitellin
Egg (white, yolk, dried, powdered, solids)
Egg substitutes
Eggnog
Globulin
Livetin
Lysozyme (used in Europe)
Mayonnaise
Meringue
Olalbumin
Ovomucin
Ovomucoid
Ovoitellin
Simplese®

Foods that may indicate the presence of egg protein:

A shiny glaze on baked goods
Yellow colored baked goods
Pasta
Noodles

For each egg substitute one of the following in recipes:

- 1 teaspoon of baking powder, 1 tablespoon of water, 1 tablespoon of vinegar
- 1 tablespoon of yeast, dissolved in ¼ cup of warm water
- 1 tablespoon of apricot puree
- 1 ½ tablespoons of water, 1 ½ tablespoons of oil, 1 teaspoon of baking powder
- 1 packet of plain gelatin, 2 tablespoons of warm water. Do not mix until ready to use.