

# EGG ALLERGY

Eggs may be found in the following foods:

## **BAKING:**

Baking powders (some), batters for frying, breads or breaded foods, cakes, cake flours, cookies, cream pies, dessert powders, doughnuts. Dried eggs or powdered eggs are used in prepared foods and dumplings, fritters, frostings and mixes, pastas of all kinds, pancakes and mixes, waffles and mixes, custards, etc.

## **BEVERAGES:**

Coffee (if cleared with egg), ices, malted cocoa drinks (Ovaltine, Ovomalt and others), wines (many wines are cleared with egg white).

## **EGGS AND EGG DISHES:**

Fried eggs, coddled eggs, hard boiled eggs, omelets, poached eggs, deviled eggs, etc. Dried eggs or powdered egg albumin are also present in many foods. Check labels carefully or ask.

## **DRESSINGS AND SAUCES:**

Boiled dressings, hollandaise sauce, salad dressings, mayonnaise, tartar sauce.

## **MISCELLANEOUS FOODS:**

Bavarian cream, candies, ice cream, and many prepared or packaged foods.

## **MEDICATIONS:**

Laxatives (Agaarol), flu vaccine and other biologicals.

## **EGG AVOIDANCE**

Do not eat eggs in any form, either whole, fresh or as an ingredient in a prepared food.

When purchasing prepared foods, be sure they do not contain egg. Become a careful shopper and a label reader. Check ingredient lists on packaged foods and ask bakers, restaurants, etc.

NOTE: A laying hen can create the same allergic response as egg.

