Egg Allergy

Egg allergy is a common food allergy and eggs can be found in a wide range of foods. Avoiding whole egg, raw egg and egg-containing foods is essential for people with confirmed egg allergy. Therefore, it is important to read and understand food labels to be able to choose appropriate foods, and be aware that egg is used as a binder or thickener in many prepared foods. While some children will tolerate some egg baked into cake and biscuits, this should only be tried with specialist medical advice. Uncooked eggs and egg cartons should be kept well out of reach from young children with egg allergy.

Dietary avoidance should only be undertaken if there is a medically confirmed food allergy.

The following foods and ingredients CONTAIN egg and should be avoided:

<table>
<thead>
<tr>
<th>Albumen or albumin</th>
<th>Globulin</th>
<th>Ovomucin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apovitelin</td>
<td>Imitation egg product</td>
<td>Ovomucoid</td>
</tr>
<tr>
<td>Avidin</td>
<td>Livetin</td>
<td>Ovovitelin</td>
</tr>
<tr>
<td>Dried egg</td>
<td>Lysozyme</td>
<td>Silici albuminate</td>
</tr>
<tr>
<td>Flavoproteins</td>
<td>Ovalbumin</td>
<td>Simplesse</td>
</tr>
</tbody>
</table>

Check ALL food labels, regardless of the product. MOST deserts will contain egg. The foods below contain, or are likely to contain egg and should be avoided unless otherwise labelled:

<table>
<thead>
<tr>
<th>Alcoholic cocktails (e.g. sour)</th>
<th>Fried rice</th>
<th>Pancakes, pikelets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breads, breaded foods, naan bread</td>
<td>Frittata</td>
<td>Pasta</td>
</tr>
<tr>
<td>Cakes/cake mixes</td>
<td></td>
<td>Pastries (e.g. chocolate eclairs, cream puffs, tarts, pies)</td>
</tr>
<tr>
<td>Cake decorations</td>
<td>Health drinks</td>
<td>Pavlova</td>
</tr>
<tr>
<td>Chocolate soft centres</td>
<td>Ice cream, frozen desserts</td>
<td>Pie filling</td>
</tr>
<tr>
<td>Confectionary/lollies/caramel</td>
<td>Icings</td>
<td>Pizza bases</td>
</tr>
<tr>
<td>Creamy salad dressings</td>
<td>Lemon butter</td>
<td>Powdered egg</td>
</tr>
<tr>
<td>Croissants</td>
<td>Malted chocolate drinks</td>
<td>Prepared meats (e.g. schnitzel)</td>
</tr>
<tr>
<td>Crumbed foods</td>
<td>Mayonnaise on salad</td>
<td>Prepared soups, consommés</td>
</tr>
<tr>
<td>Custards</td>
<td>Meringue</td>
<td>Processed meats (e.g. rissoles)</td>
</tr>
<tr>
<td>Dessert mixes</td>
<td>Meringue mix</td>
<td>Quiche</td>
</tr>
<tr>
<td>Dips</td>
<td>Milk puddings, puddings</td>
<td>Sauces (e.g. hollandaise)</td>
</tr>
<tr>
<td>Dressings</td>
<td>Mock or butter cream</td>
<td>Shiny glaze on baked goods</td>
</tr>
<tr>
<td>Egg (white or yolk)</td>
<td>Mocktails</td>
<td>Soufflé</td>
</tr>
<tr>
<td>Egg noodles</td>
<td>Mousse</td>
<td>Sushi (tuna, crab or mayonnaise)</td>
</tr>
<tr>
<td>Egg nog</td>
<td>Muffins</td>
<td>Tarts and pastries</td>
</tr>
<tr>
<td>Egg solids</td>
<td>Nougat</td>
<td>Vegetarian meat substitutes</td>
</tr>
<tr>
<td>French toast</td>
<td>Omelette</td>
<td>Waffles</td>
</tr>
</tbody>
</table>
Egg alternatives/substitutes

It is possible to make cakes and muffins without egg by adapting recipes you use at home. The texture of the product may be a little different, but they will taste similar.

Summary of substitutes for one egg

<table>
<thead>
<tr>
<th>For baking (cakes and biscuits):</th>
<th>For binding:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tsp egg replacer + 2 tbsp water</td>
<td>½ cup mashed potato or pumpkin</td>
</tr>
<tr>
<td>1 tsp baking soda + 1 tbsp water + 1 tbsp vinegar</td>
<td>½ cup mashed banana or pureed apple</td>
</tr>
<tr>
<td>1½ tbsp water + 1½ tbsp oil + 1 tsp baking powder</td>
<td>1½ tbsp ground flaxseed mixed with 3 tbsp warm water (let stand for a few minutes)</td>
</tr>
<tr>
<td>1½ tbsp ground flaxseed mixed with 3 tbsp warm water (let stand for a few minutes)</td>
<td>*Aquafaba – 3 tbsp liquid from canned chick peas with ½ tsp cream of tartar mixed with hand mixer to make meringue</td>
</tr>
<tr>
<td>*Aquafaba – 3 tbsp liquid from canned chick peas with ½ tsp cream of tartar mixed with hand mixer to make meringue</td>
<td>1 tbsp chia seeds, grind then mix with 3 tbsp water (let stand for a few minutes)</td>
</tr>
<tr>
<td>1 tbsp chia seeds, grind then mix with 3 tbsp water (let stand a for few minutes)</td>
<td>*Aquafaba is the viscous water in which legume seeds such as chickpeas have been cooked, which can be used as a replacement for egg whites.</td>
</tr>
</tbody>
</table>

Commercial egg substitutes

Commercial egg substitutes can be used in cakes and biscuits, pancakes and fritters but will not make scrambled eggs or meringues. These products contain potato, tapioca starch and vegetable gums.

Care of children with egg allergy

Parents of a child with egg allergy should only give foods containing baked egg to their child when they are under their supervision.

Parents should not expect early childhood education/care (ECEC) staff to give foods containing baked egg to their child with an egg allergy when they are at ECEC services.

Note: Egg is sometimes used for fining wine but is considered to pose a very low risk of triggering allergic reactions. Discuss this with your allergy specialist if you are concerned. Egg lecithin (additive 322) is tolerated by most people with egg allergy.