

Dietetics & Nutrition

Allergy: Egg-free diet

This information is for people who have an egg allergy. Removing eggs from the diet does not put you at nutritional risk but eggs do appear in a wide number of products and not eating these will affect the variety of your diet.

If your reactions to egg have been severe and immediate, such as lip swelling, immediate rash or sickness, do not re-introduce egg without first talking to your doctor or dietitian. If you have removed egg from your diet, as a trial, but have found no improvement after 2 weeks try slowly reintroducing egg products and egg back into your diet.

It is important to remove all sources of egg from the diet. **This includes eggs from hens, quail, duck, geese, and other birds.**

Avoid whole egg, for example: scrambled, boiled, poached, fried or omelette.

Also avoid dried, liquid, and powdered egg.

Food labelling

Every pre-packed food, including alcoholic drinks, sold in the UK and European Union (EU) must show clearly on the label if it contains any of 14 major allergens. These must be highlighted (in bold, colour or underlined) on food labels within the ingredients list. **Egg** is one of the allergens which must be listed.



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For foods sold without packaging or pre-packed such as in a bakery, café or pub, allergen information has to be provided either in writing or verbally. If provided verbally, the business must be able to provide further information if requested (only in UK).

It is not compulsory for food manufacturers to use a warning statement – always check the ingredients first.

Eggs are used in many manufactured foods – read the labels and check the ingredient list for the following forms of egg:

- Whole egg
- Egg yolk
- Egg white
- Dried egg
- Egg powder
- Livetin
- Ovoglobulin
- Globulin
- Ovalbumen
- Frozen egg
- Egg lecithin (E322) maybe derived from egg or soya
- Egg albumin
- Pasteurised egg
- Vitellin/ Ovovitellin
- Lysozyme or E1105 maybe derived from egg or soya
- Ovomucin

Many supermarkets and food manufacturers provide information about egg free foods. Customer services or the supermarket website may have information.

The following website may also be useful:

<http://www.supermarketownbrandguide.co.uk/intro.php>

Patient Information

Products	Foods to choose	Foods to avoid
Eggs		All forms of egg e.g. boiled, poached, scrambled, fried, omelette
Milk and dairy products	All infant formula milks. Cows milk - fresh, UHT or powdered. Condensed, evaporated tinned milk. Cheese (check brand as may contain traces of egg white lysozyme), yoghurt, fromage frais, cream, crème fraiche, yoghurt drinks All plant based milks such as soya, coconut, oat	Check Parmesan cheese and other cheeses Fresh dairy ice cream containing egg
Meat, fish poultry and offal and meat alternatives	Fresh or frozen plain meat, chicken, turkey and offal Frozen, fresh or tinned fish (in oil or brine). Prawns and shellfish. Dhal. Hummus. Tofu/soya bean curd. Nut butter.	Meat pies, sausage rolls with egg glaze, beef burgers, pate, sausages* Pastry products* Battered products* e.g. fried fish*. Breaded products* - fish fingers*, fish cakes*, chicken portions*, chicken nuggets*, turkey escallops*. Scotch eggs Quorn and Quorn based products* Quiche, flans, soufflés,
Cereals	Rice, semolina, flour, cornflour, oats, arrowroot, barley, plain couscous, popcorn, maize, quinoa	Egg lasagne, egg pasta, egg noodles, Egg fried rice, gnocchi. Pasta*, tinned spaghetti*, pizza dough*
Breakfast cereals	Rice Krispies, Cornflakes, Weetabix, Shredded Wheat, Ready Brek, porridge	
Bakery products	Bread/rolls – Most types of pre-wrapped white, granary or wholemeal. Most brands of wraps, bagels, pitta, ciabatta and chapatti, English muffins, crumpets.	Cakes, macarons, éclairs, egg custard, doughnuts, waffles, , sweet buns with egg glaze, brioche, French toast, marzipan. Royal icing. Naan bread, bread sticks*. Biscuits both sweet* and savoury* Yorkshire pudding.

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Products	Foods to choose	Foods to avoid
Preserves / desserts	Sugar, jam, honey, marmalade, syrup, jelly, blancmange, Puddings made without eggs.	Lemon curd. Sorbet and some ice-creams*, mousses*, trifles/soufflés. Custards* (powder and readymade) Fruit pies*. sponge puddings, Profiteroles and other choux pastry items, Crème Caramel, bread and butter pudding. Meringue. Pancake/crepe, crème brûlée,
Beverages	Tea, coffee, cocoa, Horlicks, Ovaltine. Fruit milk shake syrups/powders, fruit juices, squashes, fizzy pops Beer, lager, cider, spirits, liqueurs, some wines (some contain egg white lysozyme)	Egg nog, Snowball, Advocaat. Malted milk drinks*
Confectionery	Lollies, pastilles, gums, boiled sweets, mints Most brands of ordinary chocolate	Truffles fondant creams, some marshmallows, liquorice sticks, 'Luxury chocolates', marzipan, soft centre sweets, chews* Chocolate bars*
Fruit	All varieties, fresh frozen and tinned and dried	Fruit in batter (fritters)
Vegetables	All varieties, fresh frozen, tinned, salad vegetables Plain potato crisps	Potato waffles* croquette potato*. Flavoured crisps* and other snack foods* and salad in dressing* Breaded vegetable nuggets*
Fats	Butter, margarine, ghee, cooking oils	
Sauces and flavourings	Marmite, Bovril, Oxo, salt, pepper, herbs Egg free mayonnaise is available	Mayonnaise, Hollandaise sauce*, tartar sauce*, salad cream* Soups* Check gravy mixes

***Avoid foods marked with a star unless known to be egg free**

Egg replacers

Powdered egg replacers can be used in most baking recipes that require egg e.g. cakes, cookies and pancakes. They are mostly made from tapioca or potato starch and a raising agent such as baking powder. Vegan egg replacement powders may contain soya protein and can be used to make meringues. You can get some egg replacers on prescription (ask your GP). They can be purchased from health food shops, supermarkets or your local pharmacy. e.g. No-egg replacer™ (Orgran), Ener-G™ egg replacer (General Dietary Ltd), Loprofin™ egg replacer (SHS international).

Other egg replacements

It is possible to get excellent results when baking egg free cakes without the use of 'egg replacers'. Simply use one of the binding agent ingredients below, plus a raising agent if you are making cakes or muffins and want your recipe to rise.

Binding agents (to replace one egg):

1 tbsp (50g) pureed fruit (apples, pears, apricot or prunes)

½ large banana mashed

50g coconut cream, custard, yogurt, or silken tofu with a little water or milk 1 tbsp of soya or gram (chickpea) flour and 2 tbsp water

1 tbsp tomato puree, mashed potato, moistened breadcrumbs or rolled oats

1 tbsp ground linseeds (flax seed) combined with 3tbsp water, left to gel before using

For a replacement for just the egg white, mix 1 tbsp plain agar powder with 1 tbsp water. Whip together, chill it and then whip it again

Raising agents (to replace one egg):

1 teaspoon bicarbonate of soda + ½ teaspoon cream of tartar

1 teaspoon baking powder

When using bicarbonate of soda in baking, it is important to add it to the dry ingredients. Only add the wet ingredients just before the mix goes in the oven. This is because it starts reacting as soon as it gets wet and it does not work well if left too long. Vegan recipes are egg and milk free so

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you may find it easier to use a vegan recipe that was designed to work without eggs, rather than having to adapt a standard recipe to replace the eggs.

Additional advice

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Dietitian _____

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