Patient Information

University Hospitals Coventry and Warwickshire NHS Trust

Dietetics & Nutrition

Allergy - Egg-free diet

This information is for people with an egg allergy. Removing eggs from the diet does not usually cause nutritional problems, but eggs are found in many foods, so avoiding them can reduce the variety in your diet.

If your reactions to egg have been severe or immediate, such as lip swelling, immediate rash or sickness, do not reintroduce egg without first speaking to your doctor, allergy team, or dietitian.

If you have removed egg as a trial but have not noticed any improvement after 2 weeks, you may slowly try reintroducing egg products under guidance.

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

Foods to avoid

- Whole eggs: scrambled, boiled, poached, fried or omelette.
- Dried, liquid, and powdered egg.

Note: Most people with an egg allergy are not allergic to chicken meat.

Checking food labels

All pre-packed foods, including alcoholic drinks, sold in the UK and

European Union (EU) must clearly show if they contains any of the 14 major allergens. Allergens must be highlighted the ingredients list (for example, in bold, colour or underlined). **Egg** is one of these allergens and must always be listed.

For foods sold without packaging, such as in a bakery, café or pubs, allergen information must be provided either in writing or verbally. If given verbally, the business must be able to provide more information if requested (UK only).

If you are outside the UK, labelling laws may be different, so always check the ingredients carefully.

Food manufacturers are not required to use a warning statement, so always check the ingredients list carefully.

Example of a food label containing egg:

Mayonnaise:

Ingredients: Rapeseed Oil (68%), Water, Pasteurised Free Range **Egg** Yolk (5%), Spirit Vinegar, Sugar, Starch, Salt, **Mustard** Seeds, Spices, Antioxidant (Calcium Disodium EDTA).

Allergy Advice: For allergens, see ingredients in bold.

Eggs in manufactured foods

Eggs are used in many processed foods. Always read 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
- Frozen egg
- Egg lecithin (E322) maybe derived from egg or soya
- Egg albumin
- Pasteurised egg
- Ovalbumen
- Vitellin/ Ovovitellin
- Lysozyme or E1105 maybe

derived from egg or soya

- Ovomucin

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

A helpful website is:
http://www.supermarketownbrandguide.co.uk/intro.php

Always check the label: as manufacturers can change ingredients (new improved recipe). It is safest to recheck the ingredients list each time.

'May contain…' or 'Made in a factory…' labelling

Even if a product is egg-free, it may be accidentally contaminated if made in a factory that also handles egg-containing products, including vegan products. Trace amounts of egg may still cause reactions, so tolerance varies. Always discuss how to handle these foods with your dietitian or doctor.

Allergy alerts

Sometimes foods need to be withdrawn or recalled. This may happen if allergy label is missing, incorrect, or if there is another food allergy risk.

You can check these alerts on the Food Standards Agency website. You can also subscribe to a free email or SMS alert system to receive messages whenever Allergy Alerts are issued.

- To subscribe, go to: www.food.gov.uk/news-alerts/subscribe
- You can also view product alerts online at: www.anaphylaxis.org.uk/information-training/allergy-alerts/

Cross contamination

Cross contamination can happen when preparing foods. If you need to avoid traces of egg, make sure all work surfaces and chopping boards are thoroughly cleaned or use separate chopping boards. Use separate containers for items like jams, butter and always use clean utensils for serving.

High risk situations for cross contamination include: barbeques, buffets, deli-counters and self- service salad bars. You may also wish to keep some pans or utensils for separate use.

Suitable foods and foods to avoid

The following pages give examples of egg-free foods and foods that may contain egg. This is not a complete list - always check labels and discuss with your dietitian how to handle 'May Contain' labelling.

Egg	
Avoid	• All birds eggs (hen, duck, goose, quail, etc • All cooked eggs (boiled, poached, fried, scrambled, omelette)
Milk and dairy products	
Allowed	• All milk (fresh, UHT, condensed, evaporated, powdered) and infant formula • Milk alternatives (soya, oat, rice milks) • Milkshakes, smoothies and yoghurt drinks • Yoghurts (natural & fruit), fromage frais, crème fraiche, egg-free canned or instant custard • Most processed cheese (cheese spread, cheese slices / strings, cottage cheese, cream cheese, vegetarian soya cheese, Quark or curd • Fresh cream, synthetic cream toppings, egg-free ice cream
Check	• Parmesan-style cheeses (e.g., Grana Padano, Manchego) • Some custards and cheese dishes may contain egg
Avoid	• Freshly made custard • Milk-based desserts made with eggs (crème caramel) • Cheese dishes containing eggs (quiche, flan, omelettes) • Fresh dairy ice cream made with egg
Meat, fish, poultry, offal and meat alternatives	
Allowed	• Fresh and frozen meat (beef, lamb, pork, liver, kidney, chicken, turkey)

	• Some processed and tinned meats (bacon, ham, salami, corned beef) • Fish (fresh, frozen, tinned, dried) and shellfish • Dried/tinned pulses (lentils, beans, chickpeas, baked beans), dhal, hummus • Tofu / soya bean curd • Plain, roasted, salted nuts or nut butters (avoid whole nuts under 5 years old)
Check	• Some tinned meats (luncheon meat, hot dogs) • Breaded fish fingers (check label) • Hamburger patties, Quorn*
Avoid	• Meat or fish coated in egg/breadcrumbs or batter (chicken nuggets, goujons, kievs, fish fingers, crab sticks) • Meat dishes using egg as a binder (sausages, meatballs, beef burgers, meatloaf, pork stuffing) • Fish dishes containing egg (fish pie, kedgeree, some sushi) • Quiche, scotch eggs, moussaka, dishes with egg glaze • Quorn products containing egg
Cereals and breakfast cereals	
Allowed	• Flour and cereals: wheat, rye, barley, oat, maize, quinoa, rice, cornflour, arrowroot, sago, semolina, tapioca, couscous, popcorn • Breakfast cereals: Weetabix, Cornflakes, Rice Krispies, Ready Brek, porridge
Breads and crackers	
Allowed	• Most prepacked breads: wholemeal, granary, rye, white and fruit breads (sliced and fresh-baked). • Ciabatta, wraps, pitas, chapati, plain pizza bases • English muffins, crumpets • Plain egg-free crackers, breadsticks, rice cakes
Check	• Gluten-free breads, scones, croissants, naan, focaccia, malt loaf • Savoury/cheese biscuits & crackers
Avoid	• French toast, eggy bread, Brioche, Yorkshire pudding

Pasta, Pizza, Noodles, Rice, Potato	
Allowed	• Rice noodles, plain wheat / buckwheat noodles, most dried instant noodles/pot noodles • Most dried pasta (macaroni, spaghetti, lasagne, linguini, penne) • Tinned spaghetti in tomato sauce • Plain boiled rice • Potatoes: boiled, baked, roasted, mashed, fried
Check	• Savoury rice, potato waffles
Avoid	• Fresh and dried egg noodles or egg pasta • Pasta/ rice dishes containing egg (lasagne, spaghetti carbonara, egg fried rice) • Potato shapes / croquettes, duchesse, marquis potatoes
Confectionary	
Allowed	• Mints, boiled sweets, wine gums, fruit pastilles, plain fruit lollies
Check	• Some fudge, toffee, caramel, soft-centred sweets, marzipan, marshmallows, sherbet
Avoid	• Mars bars, Milky Way, Snickers, Wagon Wheels, ChewitsTM • Filled chocolates with fondant icing, nougat
Cakes, biscuits, snacks and desserts	
Allowed	• Egg-free puddings (fruit crumble, milk puddings, custard*) • Plain jellies, instant whip • Egg-free ice cream and iced desserts • Egg-free pastries, cakes, biscuits (economy ranges generally egg-free) • Homemade egg-free biscuits and cakes • Crisps
Check	• Ready-made rice pudding, most continental / fancy biscuits, some-bought sorbets, gluten-free biscuits
Avoid	• Crème caramel, soufflés, sponges, cheesecakes, trifle, bread & butter pudding • Fresh fruit fools and mousses • Custard and milk puddings containing eggs

	• Freshly made sorbets, ice cream, ice-cream cones with egg • Meringues, pavlova, lemon meringue pie, Eton mess • Pancakes, crepes, waffles, some doughnuts • Jaffa cakes, almond biscuits, macaroons, sponge fingers, fairy cakes, muffins, brownies, fruit cake, scones, éclairs/cream puffs, choux pastry • Prawn crackers and prawn-style crisps
Drinks	
Allowed	• Most fruit juice, squash and fizzy drinks • Tea, coffee, cocoa, Horlick • Coffee creamers (e.g., Coffee-Mate) • Milk shakes, milkshake syrups/powders (Nesquik , Crusha), Build-up, Complan, Ovaltine
Check	• Egg white may sometimes be used as a foaming agent in root beer, cocktails, cappuccinos and restaurant fruit juice
Alcohol	
Allowed	• Most beer, lager, cider, spirits, liqueurs and some wines
Check	• Some wines contain egg white (lysozyme) for fining and preserving
Avoid	• Cocktails containing egg, (e.g., eggnog, egg flip, Advocaat, snowball, gin fizz) • Egg white used as glass decoration
Miscellaneous	
Allowed	• Baking powder, bicarbonate of soda, cream of tartar, food essences and colourings, sugar, jam, honey, marmalade, syrup, treacle • Egg-free gravy and stuffing • Yeast, yeast extracts (Marmite & Bovril) • Egg-free tinned, dried, homemade soups • Herbs, spices, pepper, vinegar • Ketchup, mustard, mint sauce, brown and egg-free white sauces • Coconut milk and coconut cream • Mincemeat

	• Egg-free / vegan mayonnaise (Plamil, Mayola, Leon)
Check	• Some cake decorations, icing sugar, ready-made icing • Chocolate spread • Some turkey/chicken gravy granules • Clear soups/ broths (e.g., consommé, Chinese soups, noodle soups) • Premade sandwiches and salads
Avoid	• Lemon curd • Sauces and dressings containing egg (Hollandaise, Béarnaise, tartar, Caesar salad, salad cream, mayonnaise)

Egg replacers

Powdered egg replacers can be used in most baking recipes that call for eggs, such as cakes, cookies and pancakes.

- Most are made from tapioca or potato starch with a raising agent like baking powder.
- Vegan egg replacers may contain soya protein and can be used to make meringues.

Some egg replacers are available on prescription (ask your GP). They can also be bought from health food shops, supermarkets or pharmacies.

Examples:

- No-egg replacer (Orgran)
- Ener-G egg replacer (General Dietary Ltd)
- Loprofin egg replacer (SHS international)

Other egg replacements

You can bake egg-free cakes without special egg replacer powders by using other binding and raising agents. These help to hold the mixture together and make cakes rise.

Binding agents (to replace one egg):

- 1tbsp (50g) pureed fruit (apples, pears, apricot or prunes)
- ½ large banana (mashed)

- 50g coconut cream, custard, yogurt, or silken tofu mixed 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
- 1tbsp ground linseeds (flax seed) combined with 3tbsp water (leave to form a gel before using)
- For egg white replacement: 1 tbsp plain agar powder with 1 tbsp water. Whip, chill, then whip again.

Raising agents (to replace one egg):

- 1 teaspoon bicarbonate of soda and ½ teaspoon cream of tartar
- 1 teaspoon baking powder

When using bicarbonate of soda, mix it with dry ingredients first. Only add the wet ingredients just before baking, as it starts reacting as soon as it gets wet.

Vegan recipes are already egg and milk free, so it is often easier to use a vegan recipe than to adapt a standard recipe.

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