Caring for Your Child  
**Reading Labels for an Egg-Free Diet**

Egg is considered a major food allergen under the Food Allergen Labeling and Consumer Protection Act of 2006. **All food products which contain egg as an ingredient must list the word “Egg” on the product label.**

If you are unsure about any product, confirm ingredients with the manufacturer or discuss with your allergist before using.

For more information about food labeling laws, go to www.foodallergy.org

**Avoid these Foods and Ingredients:**

- Albumin
- Apovitellin
- Crepes
- Custard
- Egg (white, yolk, dried, hard-boiled, powdered, solids)
- Egg substitutes
- Egg bagels
- Egg nog
- French toast
- Globulin
- Leithin
- Livetin
- Lysozyme (used in Europe)
- Mayonnaise
- Meringue
- Omelettes
- Ovalbumin
- Ovomucin
- Ovomucoid
- Ovoitellin
- Popovers
- Sauces – hollandaise, béarnaise, newberg
- Simplesee®
Foods that May Contain Egg Protein:

- Baked goods that have a shiny glaze (may have been brushed with egg)
- Yellow colored baked goods
- Battered or breaded foods – fried meats, fried vegetables, potato pancakes & fritters with egg
- Cakes/Cookies
- Pasta / Noodles
- Ice cream, cream pies

Cooking without eggs (egg substitutes)

Use one of these in place of eggs in recipes (each of these equals one egg):

1 teaspoon of baking powder, 1 tablespoon of water, 1 tablespoon of vinegar

1 teaspoon yeast dissolved in ¼ cup of warm water

1 tablespoon of apricot puree

1½ tablespoons of water, 1½ tablespoons of oil, 1 teaspoon of baking powder

1 packet of plain gelatin, 2 tablespoons of warm water. Do not make mix until ready to use.

¼ cup mashed banana or applesauce with 2 tablespoons oil