



University of Michigan
Food Allergy Center

Egg Allergy Helpful Hints

Egg Allergy: You have been diagnosed with an egg allergy. The only treatment for egg allergy is to strictly avoid eggs and all food products that contain egg derivative as an ingredient. All manufactured food products that are regulated by the Food and Drug Administration (FDA) and contain egg as an ingredient must list the word “egg” on the product label.

Label reading tips: Any of the following foods or ingredients listed on the label indicates the presence of egg and must be avoided.

- Albumen
- Albumin
- Egg, any form (white, yolk, dried, lecithin, powdered, solids)
- Egg substitute
- Eggnog
- Egg noodles
- Globulin
- Lysozyme
- Mayonnaise
- Meringue
- Ovalbumin
- Ovovitellin
- Surimi

Other products that may contain egg: Check labels of the following foods and products carefully.

- Baked goods
- Bagels
- Breaded foods
- Chocolate and candy
- Cereals, cookies and crackers
- Custards and cream fillings
- Casseroles
- Energy bars
- Frostings
- Frozen desserts
- Marshmallows
- Meatballs and meatloaf
- Pasta
- Salad dressing

Nutrition Considerations: Eggs are a good source of vitamin B-12, riboflavin, pantothenic acid, biotin and selenium; however these nutrients are readily available in other foods such as meats, poultry, legumes, and whole wheat or enriched grain products.

Cooking Tips:

When egg is used as a binder, try these instead:

- Potato starch
- Pureed fruit
- Canned pumpkin
- Mashed potato
- Egg-free mayonnaise (Vegenaise®)

When egg is used as a leavening agent, try these instead (for each 1 egg used):

- 1 teaspoon baking powder + 1 teaspoon water + 1 teaspoon vinegar
- Egg replacer by Ener-G Foods®
- Vegetarian egg replacer by Bob's Red Mill®

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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