**EGG FREE DIET INFORMATION SHEET**

Avoid all food products that contain **egg** as an ingredient (required by U.S. law to list the word **“egg”** on the product label.)

Avoid foods that use other words that mean, contain or may contain egg:

albumin mayonnaise

eggnog meringue

globulin nougat

lecithin ovalbumin

livetin ovomucin

lysozyme ovomucoid

marzipan ovovitellin

marshmallow surimi

Egg is sometimes found in baked goods and egg substitutes.

* A shiny glaze or yellow baked good may indicate egg.
* Simplesse is a fat substitute that can be made from egg or milk.
* Clarifying agents in soup, stock, bouillon, coffee, consumme may contain egg.

Egg replacement recipe- for each egg in a recipe, can use one of the following:

* 1 teaspoon baking powder, 1 tablespoon water, 1 tablespoon vinegar
* 1 teaspoon yeast dissolved in ¼ cup warm water
* 1 tablespoon apricot puree
* 1 ½ tablespoon water, 1 ½ tablespoon oil, 1 teaspoon baking powder
* 1 packet of gelatin, 2 tablespoons warm water (mix when ready to use)
* Egg replacer from Ener-G foods (ener-g.com, 1-800-331-5222)

For additional information: [www.foodallergy.org](http://www.foodallergy.org), 1-800-929-4040