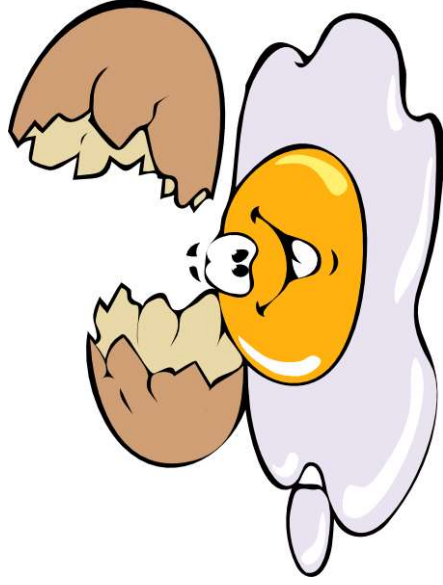


Your guide to:

Egg Allergies



Egg allergies result from a hypersensitivity of the immune system to the protein in egg.

Symptoms occur within minutes of ingesting egg. Therefore egg must be avoided and you must carry epinephrine.



What are some other names for eggs?

(Not a complete list)

- Any word containing "ovo" or "albumin"
- Lecithin
- Livetin
- Lysozyme
- Vitelin

What are some foods that can contain egg? (Not a complete list)

- Battered food
- Glaze
- White salad dressings
- Baked goods (muffins, etc.)
- Custards/puddings
- Some hot-dogs
- Meat mixtures (hamburgers, meatloaf)
- Meringue
- Some noodles

Can I eat eggs in baked goods?

- If you are already tolerating eating eggs in baked goods you should continue to do so at **LEAST** 3x/week to maintain a tolerance.
- But 20% egg allergic patients can NOT eat eggs in baked goods
- So if you are **not** already eating eggs in baked goods, you must speak with your allergist **FIRST**

Do NOT try eggs in baked goods until your allergist says it is ok.

Does having an egg allergy mean I am allergic to poultry?

- No.

My skin test said I am allergic to egg whites, can I eat just the yolk?

- No, it is very difficult to separate both completely, it only takes a very small amount of the allergen to cause an anaphylactic reaction. Therefore eggs must be avoided completely.

Can I outgrow my egg allergy?

- ~ 80% of egg allergic patients can outgrow their egg allergy. But you need to be reassessed by an allergist **1st** to see if you have lost the allergy.

What are some egg substitutes I can use in baking? (use one of the following)

- 5mL baking powder, 25mL water and 25 mL oil
- 5mL baking powder, 15 mL water and 15mL vinegar
- 5mL yeast dissolved in 50mL warm water
- 1 packet of unflavoured gelatin, 30mL of warm water. Do not combine until ready to use.
- 1/2 large mashed banana
- Commercial egg substitutes