



Egg Allergy

Egg allergy is a common food allergy and eggs can be found in a wide range of foods. Avoiding whole egg, raw egg and egg-containing foods is essential for people with confirmed egg allergy. Therefore, it is important to read and understand food labels to be able to choose appropriate foods, and be aware that egg is used as a binder or thickener in many prepared foods. While some children will tolerate some egg baked into cake and biscuits, this should only be tried with specialist medical advice. Uncooked eggs and egg cartons should be kept well out of reach from young children with egg allergy.

Dietary avoidance should only be undertaken if there is a medically confirmed food allergy.

The following foods and ingredients CONTAIN egg and should be avoided:

Albumen or albumin	Globulin	Ovomucin
Apovitelin	Imitation egg product	Ovomucoid
Avidin	Livetin	Ovovitelin
Dried egg	Lysozyme	Silici albuminate
Flavoproteins	Ovalbumin	Simplese

Check ALL food labels, regardless of the product. MOST deserts will contain egg. The foods below contain, or are likely to contain egg and should be avoided unless otherwise labelled:

Alcoholic cocktails (e.g. sour)	Fried rice	Pancakes, pikelets
Breads, breaded foods, naan bread	Frittata	Pasta
Cakes/cake mixes	Fritters	Pastries (e.g. chocolate eclairs, cream puffs, tarts, pies)
Cake decorations	Health drinks	Pavlova
Chocolate soft centres	Ice cream, frozen desserts	Pie filling
Confectionary/lollies/caramel	Icings	Pizza bases
Creamy salad dressings	Lemon butter	Powdered egg
Croissants	Malted chocolate drinks	Prepared meats (e.g. schnitzel)
Crumbed foods	Mayonnaise on salad	Prepared soups, consommés
Custards	Meringue	Processed meats (e.g. rissoles)
Dessert mixes	Meringue mix	Quiche
Dips	Milk puddings, puddings	Sauces (e.g. hollandaise)
Dressings	Mock or butter cream	Shiny glaze on baked goods
Egg (white or yolk)	Mocktails	Soufflé
Egg noodles	Mousse	Sushi (tuna, crab or mayonnaise)
Egg nog	Muffins	Tarts and pastries
Egg solids	Nougat	Vegetarian meat substitutes
French toast	Omelette	Waffles

Egg alternatives/substitutes

It is possible to make cakes and muffins without egg by adapting recipes you use at home. The texture of the product may be a little different, but they will taste similar.

Summary of substitutes for one egg

For baking (cakes and biscuits):	For binding:
1 tsp egg replacer + 2 tbsp water	¼ cup mashed potato or pumpkin
1 tsp baking soda + 1 tbsp water + 1 tbsp vinegar	½ cup mashed banana or pureed apple
1½ tbsp water + 1½ tbsp oil + 1 tsp baking powder	1½ tbsp ground flaxseed mixed with 3 tbsp warm water (let stand for a few minutes)
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1 tbsp chia seeds, grind then mix with 3 tbsp water (let stand a for few minutes)	* Aquafaba is the viscous water in which legume seeds such as chickpeas have been cooked, which can be used as a replacement for egg whites.

Commercial egg substitutes

Commercial egg substitutes can be used in cakes and biscuits, pancakes and fritters but will not make scrambled eggs or meringues. These products contain potato, tapioca starch and vegetable gums.

Care of children with egg allergy

Parents of a child with egg allergy should only give foods containing baked egg to their child when they are under their supervision.

Parents should not expect early childhood education/care (ECEC) staff to give foods containing baked egg to their child with an egg allergy when they are at ECEC services.

Note: Egg is sometimes used for fining wine but is considered to pose a very low risk of triggering allergic reactions. Discuss this with your allergy specialist if you are concerned. Egg lecithin (additive 322) is tolerated by most people with egg allergy.

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