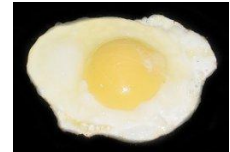


EGG ALLERGIES

Eating egg in baked goods



It is important to eat 1-3 servings of heated egg per day to maintain tolerance

Where can I find heated eggs?

- Store bought baked products with egg listed as the 3rd or higher ingredient
- Homemade baked goods such as muffins, pancakes (well cooked), cakes, waffles etc. They must have 1 egg per 1 cup of flour, or 1-2 eggs per batch



What must I avoid?

- Plain cooked eggs such as scrambled, sunny-side up, hard/soft boiled, poached etc
- Caesar salad dressing
- Custard
- French toast
- Frosting/icing made with egg
- Ice cream made with egg
- Mayonnaise
- Meringue
- Quiche
- Egg washes/glazes