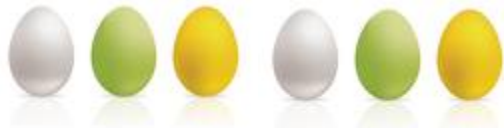


Egg Allergies



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 an epipen.



www.kingstonallergyandasthma.com

Pamphlet prepared by Sarah Mullett, RPN

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?

- Some egg allergic patients can eat eggs in baked goods, however you must speak with your allergist first. Do NOT try eggs in baked goods until your allergist says it is ok.
- If you are already tolerating eating egg in baked goods, you may continue to do so.

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

No, if you suspect a poultry allergy speak with your allergist.

My skin test said I am only 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 an 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 first 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 25mL oil
- 5mL baking powder, 15mL 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
- $\frac{1}{2}$ large mashed banana
- Commercial egg substitutes