

Egg-free Diets

If you feel frustrated and helpless due to food allergies, you are not alone. Up to 60% of Americans have shown signs of food allergy at one time or another. About 10% of food allergy sufferers exhibit symptoms serious enough to see a doctor. Food allergy typically does not appear overnight. In susceptible people, allergies to foods eaten regularly (if not daily) progress over time. Because allergy onset is subtle, identifying offending foods can be difficult and often requires trial diets. Once the food has been identified, the patient may incorporate acceptable substitute in his or her diet and avoid the food completely.

Nearly any type of food can cause allergy, but cow's milk, eggs, fish, shellfish, nuts, corn, cereal grains, chocolate, citrus fruits, peanuts and soy products most commonly provoke reactions. Because many foods come from related plant and animal species, which contain cross-reacting substances, a person may suffer an allergic reaction from a food he has never eaten. The web site www.dpcAlaSTAT provides information on specific allergens, peak pollination seasons, and allergy cross-reactivity.

The following diet excludes all egg and egg products, including egg powder, dried egg or albumin. To eliminate egg completely, you must read all labels before purchasing commercially prepared food.

Types and Amounts of Food	Include	Omit
Soups As desired	Broth or cream soups prepared with allowed ingredients	Mock turtle and egg noodle soup, any stock soup cleared with egg i.e. consommé, bouillon, etc.
Meat and Meat substitutes 2-3 Servings (5 oz total)	Meat, poultry, cheese, fish, seafood prepared without eggs Meats breaded with egg-free breading	Any meat prepared using egg as a binding agent, such as sausage, hamburger, meatloaf, croquettes, or casseroles Breaded foods in which egg is used in the breading Meat and fish sauces containing egg batter for deep fat frying Cheese soufflé, cheese fondue, Cheese puffs
Eggs	None	Eggs in any form, e.g., poached, scrambled, baked, creamed, fried, deviled, hard or soft-boiled, omelet, soufflés, egg salad, egg sandwich, egg sauces, meringues Dried or frozen eggs Egg substitutes, such as Egg Beaters®
Potato and Potato Substitutes 1 or more servings (¼ - ¾ cup each)	White and sweet potatoes, macaroni, noodles, rice	Duchess potatoes , potato cakes, potato puffs, egg noodles

Cereals 1 or more servings (½ - ¾ cup each)	All	None
Vegetables 2 or more servings (¼ cup each)	All fresh, frozen, dried, or canned (included 1 serving of dark-green or deep yellow Vegetable daily as a vitamin A source)	Vegetables combined with egg sauces, such as hollandaise, corn custard, spinach, soufflé
Bread 3 or more servings	Plain enriched white, rye, whole wheat bread, Ry-Krisp®, hamburger and wiener buns, biscuits made from egg-free baking powder (some contain egg white or albumin-read the label) Any homemade breads made from egg free recipes (many commercial breads and rolls contain eggs, dried eggs, or egg Powders or are brushed with egg whites to glaze the top) Plain crackers	Commercially prepared muffins, pancakes, French toast, popovers, Doughnuts, waffles Prepared mixes for pancakes, muffins, waffles, etc.
Fats 3 or more servings (1 tsp each)	Butter, Margarine, cream, gravy, vegetable oil, shortening Oil and vinegar salad dressing, egg-less mayonnaise, French dressing, bacon	Mayonnaise, commercial salad dressing, Thousand Island dressing, tartar sauce, or any prepared with egg
Fruits and Fruit Juices 2 or more servings (4 oz juice or ¼ cup fruit each)	All (include 1 serving citrus fruit or juice daily for a source of vitamin C)	Fruit served with custard sauces Fruit whips
Desserts In moderation	Homemade frostings, cakes, cookies, pastries, pies, pudding, ice cream, sherbet prepared without egg Gelatin, fruit crisp, popsicles, fruit ices	Commercially prepared frosting, cakes, cookies, pastries, pies, puddings, ice cream, sherbet (check ingredient label-some may be egg-free) Pie Crusts brushed with egg Custard, marshmallow meringue
Milk 4 or more servings (8 oz each)	All	Eggnog Malted cocoa drinks Any milk beverages served prepared egg or egg products

Beverages	Water as desired Fruit drinks, weak tea, carbonated beverages	Coffee or wine cleared with egg white or egg shells, Root beer to which egg is added as a foaming agent
Miscellaneous	Salt (iodized), sugar, honey molasses, table syrups, jam, jelly, marmalade, hard candy, gumdrops, nuts popcorn, coconut, vinegar, pepper yeast, olives, pickles, catsup, chili, sauce, herbs, spices, flavoring	Baking powder that contains egg whites or albumin Divinity fudge, nougat, marshmallows (many commercial candies made without egg are brushed with egg white to give them luster) all prepared mixes, frozen dinners, etc., unless label clearly indicates absence of egg

Brand names are used for clarification only and do not constitute an endorsement.

Metropolitan ENT & Facial Plastic Surgery
6355 Walker Lane, Suite 308
Alexandria, VA 22310
Phone: 703-313-7700
Fax: 703-313-0178