



## EGG -FREE DIET

Some people are only allergic to egg white, others to egg yolk, and some are allergic to the whole egg. Grated apple, pectin and methyl cellulose, and hemi cellulose, are sometimes used as binders to replace eggs. Albumen (egg white) is sometimes on ingredients lists.

E322 indicates the possible inclusion of egg, and these foods should be avoided.

The nutrients which eggs add to the diet can be replaced by fish, liver and meat. Use thin salad dressings instead of mayonnaise etc. It is possible to make some kinds of cakes without egg at all.

### Eating out

When eating out, order very plain food, avoiding batter, soups, sauces and thick dressings as well as desserts, gateaux, ice cream and pastry sweets. Generally speaking, waiters and restaurant staff have no idea of what is actually in the food they serve, so asking the waiter whether there is any egg in a dish is not a very reliable way of finding out.

### Pasta, noodles, pastries

Some pastas and noodles are made without egg. Look at the ingredients and make a list of the products suitable for this diet as you come across them. Make your own pastry at home and be sure it does not contain egg. Make your own drop scones, without the egg ingredient, adding more milk to make up the weight. They will be a little rubbery compared with the type made with egg, but are very acceptable. Scones can be made with raising powder and bound with milk or yoghurt.

Some dishes which are egg concoctions will just have to be avoided, e.g. soufflés. Use grated apple to bind home-made burgers. Fish can be dipped in milk then flour or corn flour instead of egg batter, before light frying in polyunsaturated oil.

### If there is a sensitivity to Egg avoid the following:

#### Foods made with egg yolk:

Salad Cream

Tartar sauce

Mayonnaise

Marzipan

Hollandaise sauce

Lecithin-enriched margarine

Mashed potato with egg

## **Foods made with egg white:**

Fruit snow	Sorbets
Macaroons	Consommé soup
Marshmallows and some sweets	Frostings and royal icing
Meringues	

## **Foods made with whole egg:**

Omelettes	Beef burgers	Soufflés
Eggs cooked in any manner	Hamburgers	Yorkshire pudding
Pickled eggs	Croquettes	Egg glazed items
Scotch eggs	Rissoles	Pastry with egg (French pastry)
Dried eggs	Fish cakes	Croissants
Batter mixes and batters made with egg	Meat balls	Danish pastries
Sponges and cakes made from mixes	Meat loaf	Hot cross buns
Home-made, biscuits, cook- ies	Quiches and savoury tarts	Bath buns
Doughnuts	Welsh cakes	Tea cakes
Éclairs	Scones made with egg	Fruit buns
Profiteroles	Drop scones	Enriched breads and rolls
Choux pastries	Crumpets	Enriched alcoholic drinks (nogs)
Egg custard	Muffins	Ice cream
Desserts with egg	Pancakes	Bedtime drinks
Batter coated foods	Waffles	Batter puddings
	Pasta, macaroni, spaghetti, noodles made with egg	Bread and butter puddings
	Sauces	