



Guidance on avoiding egg



**Children and
Young People's
Allergy Network
Scotland**

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Avoiding Egg

It is easy to avoid egg when it is served on its own and looks like egg e.g. boiled, scrambled, omelette. However, egg is found as an ingredient in prepared/manufactured food and therefore, food labels need to be read carefully. Products such as cakes, pasta, desserts, meat products, Quorn™, salad dressings, glazes, battered and bread crumbed foods, ice cream, chocolates and sweets need to be checked.

Checking Food Labels

In the UK, food manufacturers/businesses must inform you under food law if they use any of the 14 most common allergens, which includes egg, as an ingredient in the food/drink they provide. If egg is used as an ingredient, it will be highlighted in **bold**, *italics*, coloured type or underlined to make the egg as an ingredient easier to spot.

Always check the ingredients list each time you buy as manufacturers may change their product ingredients. Avoid packets where the label states the food contains any of the following:

- Fresh egg: whole egg, egg yolk and/or white (including hen, duck, quail and other birds)
- Processed egg e.g. powdered, dried, pasteurised and frozen
- Egg protein(s) e.g. albumen, ovalbumen, globulin, ovoglobulin, livetin, ovomucin, ovovitellin and vitellin
- E322 or Egg Lecithin

Note: that some foods contain E322 soya lecithin which is NOT an egg product and is permitted in the diet.

Examples of food labels

1. Cheese **Oat** cakes - Wholegrain **oats (71%)**, **Cheese (15%)** (milk)
Sustainable Palm Fruit Oil, Sea Salt, Raising Agent: Sodium Bicarbonate.

These oatcakes are suitable in an egg free diet.

2. Ice cream - Cream (**milk**), **water**, **sugar**, **condensed skimmed** milk, glucose syrup, free range **egg** yolk, coconut oil, whole **milk** powder, **egg** white, vanilla extract, stabilisers (guar gum, pectin, carrageenan,) **milk** fat, emulsifier (**soy** lecithin.)

This ice cream is not suitable in an egg free diet.

Examples of egg containing foods:

Well cooked egg

- Cakes
- Biscuits
- Dried egg pasta
- Shop bought Pancakes
- Egg in sausages, both vegetarian and meat varieties
- Processed meats such as burgers, prepared meat dishes
- Well-cooked fresh egg pasta
- Quorn™
- Sponges and sponge fingers
- Chocolate bars which contain nougat or dried egg e.g., Milky Way™ or Mars Bar™ or Crème Egg™, some soft centred chocolates
- Chewitts™
- Egg in some gravy granules
- Dried egg noodles
- Waffles
- Shop bought marzipan

Lightly cooked egg

- Scrambled egg
- Boiled egg
- Fried egg
- Omelette
- Poached egg
- Egg fried rice
- Meringues
- Non-vegan marshmallow
- Tunnocks Teacakes™
- Lemon curd
- Quiche
- Home made Pancakes
- Egg in batter
- Egg in breadcrumb e.g.fish fingers, chicken nuggets
- Hollandaise sauce
- Quiche and flans (fruity and savoury)
- Egg custard and egg custard tarts
- Crème caramel
- Crème Brulée
- Fresh and tinned custard
- Yorkshire pudding – some who can eat well-cooked egg can tolerate these, but it depends on how well cooked they are and if they contain any 'sticky' batter inside
- Tempura batter

Raw egg

- Fresh and shop bought mayonnaise
- Fresh mousse and shop-bought mousse which contains egg
- Ice cream e.g. Ben and Jerry's Cookie Dough™
- Sorbet
- Royal icing (both fresh and powdered icing sugar)
- Home-made marzipan
- Raw egg in cake mix and other dishes before cooking
- Raw egg glaze on pastry
- Horseradish sauce
- Tartar sauce
- Edam cheese
- Salad cream

Breast feeding

Small amounts of egg protein may pass through breast milk to the baby. If you are a breast-feeding Mother and egg is present in your diet and is tolerated by your baby, there is no need to remove egg from your diet. Only if it has been established with an egg challenge, that your baby has repeated symptoms with egg in the maternal diet, should egg be removed from the mother's diet. Please speak to your Allergy Health Professional for further advice.

Non-food items containing egg

Non-food items, for example, medication, skin creams, cosmetics, toiletries will also, by law, include a list of ingredients on the packaging. The words to look for are OVUM or OVO. However, these are usually tolerated and need only be avoided if they cause symptoms.

Egg free substitute foods

You can sometimes get lists of egg free foods directly from food manufacturers and supermarket chains or download lists from their websites. For example:

- Egg-free mayonnaise, e.g., Granovita Mayola™ or Plamil™ mayonnaise
- Egg-free omelette mix, e.g., Allergycare™

Also, vegan recipes are all egg-free by definition.

Egg-free baking/ Egg substitutes for baking

You can adapt your own cake recipes by either:

1. Using homemade egg replacers as follows:

These are all equal to one egg:

- 2 tablespoons water, 1 teaspoon vegetable oil and 2 teaspoons baking powder
- ¼ cup carbonated water
- ¼ cup mashed banana
- ¼ cup unsweetened apple sauce
- 3 tablespoons of Aquafaba – the residue liquid from a tin of chickpeas

or

2. Using shop bought egg replacers available from larger supermarkets and health food shops. These include:

- Orgran™ No-egg replacer
- Allergycare™ Vegan Whole Egg Replacer
- Ener-G™ Egg Replacer
- Loprofin™ egg replacer (SHS)
- OGGS™ Aquafaba Egg substitute

Acquiring tolerance

Some egg allergic children will be able to eat well baked/hidden egg as an ingredient or within a recipe and will only develop symptoms if lightly cooked or raw egg is eaten. This is because heat/cooking the egg changes the egg protein structure making it less likely to cause allergic symptoms.

Where a child has had a mild/moderate reaction to egg, advice may be given by your Allergy Health Professional to reintroduce egg back into the diet at home. However, if there is a history of a severe reaction, egg in any form should not be given unless advised by your Allergy Health Professional.

Ask and confirm with your clinical team before you begin to reintroduce egg into the diet.

Egg allergy and Flu Vaccination

The BSACI (British Society for Allergy and Clinical Immunology) 2020/2021 Influenza vaccine recommendations for children with egg allergy is as follows:

The Joint Committee on Vaccination and Immunisation (JCVI) have advised that children with egg allergy can safely be vaccinated with Fluenz Tetra in any setting (including primary care and schools). This includes children with previous anaphylaxis to egg. The advice is based on the SNIFFLE studies, in which 887 egg-allergic children safely received Fluenz vaccine, of whom over one third had a history of previous anaphylaxis to egg.

The only exception is for children who have previously had an anaphylaxis to egg so severe that they required ventilation on an intensive care unit as a result. These children are likely to tolerate Fluenz, but were excluded from the SNIFFLE studies. Therefore, these children should be referred to a specialist for immunisation in hospital, and can be given either Fluenz Tetra or an injected influenza vaccine (quadrivalent influenza vaccine, QIV).

Yellow fever vaccines should only be considered in egg allergic patients under the guidance of an allergy specialist.

For more information, please visit the BSACI website: www.bsaci.org

Important Information:

- It is essential to check food labels, even if you have bought the product before, as ingredients can change without warning.
- Always ask staff directly when eating food sold in a restaurant or takeaway.
- Names for foods and sauces can be different in different countries, even English speaking ones e.g. US.
- Also check medicines, toiletries, beauty products and laundry products.
- Beware of handling foods known to cause allergy in their dried form e.g. for crafts, shakers, collages etc

There are now Apps available to help you check manufactured foods for suitability.

Food Maestro app: <https://apps.apple.com/gb/app/foodmaestro/id944334907>

This app is here to help you find products that are suitable for you quickly and easily.



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