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How to Read a Label for an Egg-Free Diet

Avoid Foods That Contain Any of These Ingredients

- Albumin
- Egg (white, yolk, dried, powdered, solids)
- Egg Substitutes
- Eggnog
- Globulin
- Livetin
- Lysozyme (used in Europe)
- Mayonnaise
- Meringue
- Ovalbumin
- Ovomucin
- Ovomuroid
- Ovovitellin
- Simplese®

**Note That a Shiny Glaze or Yellow Baked Goods
Usually Indicate the Presence of Eggs**

For Each Egg Substitute One of the Following in Recipes:

- 1 tsp baking powder, 1 tbsp liquid, 1 tbsp vinegar
- 1 tsp yeast dissolved in $\frac{1}{4}$ cup warm water
- 1 tbsp of apricot puree
- 1 $\frac{1}{2}$ tbsp water, 1 $\frac{1}{2}$ tbsp oil, 1 tsp baking powder
- 1 packet plain gelatin, 2 tbsp warm water. Do not mix until ready to use.