



### How To Read a Label for an EGG-FREE DIET

**AVOID** foods that contain any of these ingredients:

albumin  
egg  
egg white  
egg yolk  
dried egg  
egg powder  
egg solids  
egg substitutes  
eggnog  
globulin  
livetin  
lysozyme (used in Europe)  
mayonnaise  
meringue  
ovalbumin  
ovomucin  
ovomucoid  
ovovitelin  
Simplese®

- ▶ A shiny glaze or yellow baked good MAY indicate the presence of egg
- ▶ Simplese is used as a fat substitute and is made from either egg or milk
- ▶ Egg whites and shells may be used as clarifying agents in soup stocks, consommés, boullions and coffees. Caution should be used if consuming these products outside the home.
- ▶ Eggs are often used in batters for fried foods.
- ▶ Eggs have been used to create the foam or milk topping on specialty coffee drinks and are used in some bar drinks.
- ▶ Most commercially processed cooked pastas (including those used in prepared foods such as soup) contain egg or are processed on equipment shared with egg-containing pastas. Boxed, dry pastas are usually egg-free. Fresh pasta is usually egg-free, too. Read the label or ask about ingredients before eating pasta.
- ▶ For each egg, one of the following may be substituted in recipes:
  1. 1 tsp. Baking powder, 1 tbsp. Vinegar (add vinegar separately at the end for rising)
  2. 1 tsp. Yeast dissolved in ¼ cup of warm water
  3. 1 tbsp. Apricot puree (works as a binder, not a leavening agent)
  4. 1 and ½ tbsp. Water, 1 and ⅓ tbsp. oil, 1 tsp. baking powder
  5. 1 packet gelatin, 2 tbsp. warm water (do not mix until ready to use)