

ENT & Audiology Associates
Allergy Department

FOOD CONTACT LIST: EGGS

Eggs may be found in the following:

Cooked eggs (boiled, deviled, fried, scrambled, poached)
Fritters, French toast, waffles, pancakes
Meringues
Batters for frying
Cakes, cream pies, custards and puddings, macaroons
Salad dressings, hollandaise, and other sauces
Ice creams
Soufflés

EGGS

The diet trial will not be worth doing unless you avoid eggs in **ANY** form. If there is a question regarding a prepared food, check the contents listed on the label. Avoid any foods which list any form of egg white or yolk, including powdered.

1. Many baby foods such as fruit and custard puddings and those foods which include noodles.
2. Some baking powder contains egg—check label for ingredients of brand you use.
3. Cake, cookies, doughnuts, macaroons, pastries, batters (pancake and waffles), pretzels, French toast, pie crust, muffins, meringues, and diet cookies.
4. Cooked or raw eggs, souffles, fritters and egg noodles.
5. Ice cream, ices and sherbets unless made at home from egg-free products.
6. Mayonnaise, hollandaise sauce, tartar sauce, salad dressing with eggs, icings, marshmallows, nougats, fondants, chocolate creams, filled candy bars.
7. Ovaltine, ovomalt and root-beer.
8. Prepared flours such as Bisquick, pancake flour, etc.
9. Sausage and meatloaf unless ground at home and prepared with no egg.

Study labels carefully!

POST THIS IN YOUR KITCHEN FOR A HANDY REFERENCE