




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 you need to read food labels carefully. Always check products such as cakes, pasta, desserts, meat products, Quorn™, salad dressings, glazes, battered and bread-crumbed foods, ice cream, chocolates and sweets.

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. albumin, ovalbumin, 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 an egg-free diet.



Examples of food labels

1. Cheese **Oatcakes** - 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:

Baked/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
- Chewitts™
- Egg in some gravy granules
- Dried egg noodles
- Shop-bought waffles
- Shop-bought marzipan

Lightly-cooked egg

- Scrambled egg
- Boiled egg
- Fried egg
- Omelette
- Poached egg
- Egg fried rice
- Hard meringues
- Non-vegan marshmallow
- Chocolate bars which contain nougat or dried egg, certain soft-centred chocolates e.g. Milky Way™, Mars Bar™, Creme Egg™
- Lemon curd
- Quiche
- Homemade 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
- Homemade waffles



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
- Tunnocks Teacakes™
- 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
- Soft-centred meringues

Breast feeding

Small amounts of egg protein may pass through breast milk to the baby. If you are a breast-feeding mother who is eating egg with no effect on your baby, there is no need to remove egg from your diet. However, if an egg challenge has shown that your baby has repeated symptoms because of egg in your diet, you should avoid it. 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, most children with egg allergy tolerate these products, so you only need to avoid them 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 you can 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

Does my child always have to avoid all egg?

Some egg-allergic children will be able to eat well-baked/well-cooked egg as an ingredient or within a recipe and will only develop symptoms if they eat lightly-cooked or raw egg. 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, at some point your Allergy Health Professional may advise you to reintroduce egg back into the diet at home. However, if your child has previously had a severe reaction, you should not introduce egg in any form unless your Allergy Health Professional tells you that you can.

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



Egg allergy and vaccination

MMR

All egg-allergic children can receive MMR routinely with no extra precautions needed.

Influenza

The advice from BSACI and the Joint Committee on Vaccination and Immunisation (JCVI) is that children with egg allergy can have the Fluenz Tetra 'flu vaccine 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 the Fluenz vaccine, of whom over one third had a history of previous anaphylaxis to egg.

The only exception is for children who have had such severe anaphylaxis that they were admitted to an intensive care unit. These were not included in the SNIFFLE studies, so we cannot be absolutely sure the 'flu vaccine is safe. If this applies to your child, and they are at risk of severe 'flu, your doctor can refer you to a specialist.

Yellow fever

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



Please Note:

It is essential to check food labels, even if you have bought the product before, as ingredients can change without warning. Remember the following:

- 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://www.foodmaestro.me/consumerapps>

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



Note: This guideline is not intended to be construed or to serve as a standard of care. Standards of care are determined on the basis of all clinical data available for an individual case and are subject to change as scientific knowledge and technology advance and patterns of care evolve. Adherence to guideline recommendations will not ensure a successful outcome in every case, nor should they be construed as including all proper methods of care or excluding other acceptable methods of care aimed at the same results. The ultimate judgement must be made by the appropriate healthcare professional(s) responsible for clinical decisions regarding a particular clinical procedure or treatment plan. This judgement should only be arrived at following discussion of the options with the patient, covering the diagnostic and treatment choices available. It is advised, however, that significant departures from the national guideline or any local guidelines derived from it should be fully documented in the patient's case notes at the time the relevant decision is taken.

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