



EARS, NOSE & THROAT ALLERGY THERAPY FACIAL PLASTIC SURGERY

1427 Jefferson, Suite 101, Enumclaw, WA 98022 Office: 360.825.4466 Fax: 360.825.2064 www.drncancybecker.com

## **EGG**

**NOTE:** Words that indicate there is egg or egg byproduct in food: albumin, conalbumin (egg white), globulin, livetin, mucoid, ovomucoid, ovalbumin, yolk.

### **Egg may be found in the following foods:**

Baked eggs, baking powders\* (except Calumet), batters for French frying, Bavarian cream, boiled dressings, bouillons, breads, and breaded foods, Bisquick

Cakes, cake flours, candies (except hard), coffee if cleared with egg, consommés, coddled eggs, cookies\*, creamed eggs, creamed pies and desserts, croquettes and custards

Deviled eggs, dessert powders, doughnut, dried eggs, dried eggs in prepared foods and dumplings

Egg albumin, escalloped eggs, egg-glazed breads or rolls, egg white is used to glaze candied such as jellybeans, marshmallows, most candy bars

Fried eggs, fritters, frostings, French bread, French toast, griddle cakes, and glazed rolls.

Hard-cooked eggs, hamburger mix and Hollandaise sauce

Ices, ice cream\*, and icing unless homemade without egg

Laxatives\*

Macaroons, malts, malted cocoa drinks (Ovaltine, Ovomalt, and others), macaroni, meat loaf (unless homemade without egg), meat jellies, meat molds and meringues (French Tort), muffins, most packaged luncheon meats, mayonnaise (unless homemade without eggs)

Noodles\*

Omelets, Ovaltine, and Ovomalt

Pastries, pancakes, pancake flours, patties, poached eggs, puddings, and pretzels

Root beer to which egg has been added

Salad dressings (French, Thousand Island), sauces, sausages, sherbets unless homemade without egg), shirred eggs, some batters, soft-cooked eggs, souffles, soups (noodle, Mock turtle and consommés), spaghetti\*, and Spanish creams

Tarter sauce and timbales

Waffles, waffle mixes, whips and wines (Many wines are cleared with egg whites)

You must determine if egg is used in your own brands of pastries, puddings, and ice cream. Dried or powdered eggs are often overlooked when inquiry is made.

\*There are some brands free of egg

### **Egg Substitutes:**

- 1 teaspoon of vinegar for each egg called for in cake mixes
- ½ teaspoon of egg-free baking powder per egg called for
- Banana is a good binder and fruit pulps are satisfactory in all recipes except sponge cake
- 2 tablespoons of flour, ½ teaspoon of shortening, ½ teaspoon of egg-free baking powder plus 2 tablespoons of liquid. Mix well and use as an egg in a recipe

If you are an egg-sensitive person, you may have or develop a cross sensitivity to chicken. If you are sure no egg had gotten into your diet, but you are experiencing flares of your symptoms, examine chicken as the offending food. Eggs from other fowls generally cannot be substituted for chicken eggs.

Eggs are a rich source of protein, iron, vitamin D, and vitamin B complex.

Proteins are essentially to the body for tissue building and repair. Additionally they supply energy and are an important part of the enzymes, some hormones, and body fluids. The best sources of proteins are lean meats, poultry, cheese, milk, fish, seafood, and eggs. Good sources are dried beans, split peas, and nuts. A lower quality of protein can be found in cereals, breads, fruits, and vegetables.

Iron combined with protein makes hemoglobin, which is necessary for the transport of oxygen throughout our body. Foods high in iron are liver, kidney, heart, oysters, lean meat, dried fruit, egg, yolk, molasses, dried beans, whole grain and enriched cereals, and dark leafy green vegetables.

Vitamin D is needed by the body to utilize the calcium and phosphorus it received to build strong bones and teeth. It is found in saltwater fish, liver, egg yolks, and oils. Additionally, direct sunlight produces vitamin D from oils in our skin.

Vitamin B complex, three of the B vitamins, thiamin, riboflavin, and niacin are necessary for the release of energy from food. They are also needed for the proper functioning of nerves, normal appetite, good digestion, and healthy skin. Generally meats are the best sources of these vitamins, but whole grain and enriched bread and cereals are okay sources.

Other vitamins, B6, B12, and folic acid prevents anemia. Vitamin B12 is found in meats and milk. Vitamin B6 is found in meats, whole grain products, dry beans, and dark leafy vegetables. Folic acid is found in organ meats and dark leafy vegetables.

### **EXAMPLES OF EGG FREE DIET:**

Breakfast:

1. Milk, cereal, toast, juice, jelly, coffee or tea
2. Pancakes or waffles (made with an egg substitute), bacon, juice, milk, coffee, or tea

Lunch:

1. Sandwiches made with egg free mayonnaise or ketchup, margarine and mustard
2. Finger foods-fried chicken, pork chops, etc.
3. Corn or potato chips
4. Cookies made with egg substitute or from egg-free listing

Dinner:

1. Meat
2. Vegetable without egg sauce
3. Biscuit, rice, potatoes (watch out for egg noodles in casseroles)
4. Salad (beware of mayonnaise or eggs in salad dressing)
5. Desserts- cookies or cakes made with egg substitute or from egg free listing, pies, and cobblers

### **EGG-FREE PRODUCTS:**

- Most breads including Wonder bread
- Most cereals including Cheerios, Life, All Bran
- Carnation Instant Breakfast (all varieties except Eggnog)
- Nabisco graham crackers
- Nabisco waffle creams
- Keebler iced raisin bar
- Weight-Watchers ice cream
- Nature Valley Granola bars