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EGG FREE DIET

Most people who are sensitive to egg react to the whole egg, whereas a few only react to the yolk or the white. Albumen on a list of ingredients means egg white. Egg is used as a binder in foods, but sometimes pectin or methylcellulose (which are safe on an egg free diet) are used instead.

E322 is an additive made from egg, and this should be avoided when on the label.

An increase in the intake of fish, liver and meat will replace essential nutrients when avoiding eggs. Avoid mayonnaise, using thin dressing instead. Cakes usually contain egg, though recipes for egg free cakes are available.

Eating out can be difficult. Order only plain food, avoiding batter, soups, sauces, gateaux, ice cream and pastry. Usually restaurant staff have no idea of what is contained in the food they serve, so don't rely on their advice.

Some pastas and noodles are made without egg. Find the brands available near you and make a note of them. Make egg free pastry at home. Egg free scones can be made, using milk or yoghurt as the binder, although they are a little rubbery. Fish can be dipped in milk, then flour rather than using batter or egg dip. Grated apple can be used as a binder in burgers etc.

As egg is in so many convenience dishes and 'junk' food, an egg free diet is a fairly healthy, though inconvenient one. Eating out is the most difficult aspect.

FOODS TO AVOID ON AN EGG FREE DIET

Foods made with egg white: Foods made with egg yolk:

Salad Cream Fruit Snow
Mayonnaise Macaroons
Hollandaise Sauce Marshmallows and some Sweets
Tartare Sauce Meringues
Marzipan Sorbets
Margarines containing Lecithin Consomme soup
Mashed potato Frostings and Royal Icing

Foods made with whole egg:

Omelettes Scrambled Egg
Fried Egg Poached Egg
Baked Egg Boiled Egg
Pickled Egg Scotch Egg
Dried Egg Cookies
Doughnuts Eclairs
Profiteroles Egg Custard
Desserts Battered foods
Beefburgers and hamburgers Croquettes
Rissoles Fishcakes
Meat Balls, Meat Loaf Quiches and Savoury Tarts
Welshcakes Scones made with egg
Dropscones Crumpets
Muffins Pancakes
Waffles Sauces
Souffles Yorkshire Pudding
Egg glazed items Pastry with egg (French Pastry)
Croissants Danish Pastry
Enriched breads and rolls Enriched alcohol drinks (nogs)
Ice cream Bedtime drinks
Batter Pudding Bread and Butter Pudding
Batter mixes and Batters made with egg
Sponges and cakes made from mixes or homemade biscuits
Pasta, macaroni, spaghetti, noodles made with rice.