

Guidelines for Managing Food Allergies

Egg Allergies

Remember to **ALWAYS** read food labels carefully and watch for **hidden allergens**. Hidden allergens are ingredients derived from or containing major food allergens with common names that may be unfamiliar to consumers. **Foods or ingredients to AVOID if allergic to eggs:** (This is not an exhaustive list.)

Albumin	Lecithin
Binder	Livetin
Baked goods	Lysozyme
Breaded/Battered Foods	Mayonnaise
Coagulant	Meringues
Custards	Ovalbumin
Eggs (whole egg)	Ovamucin
Egg noodles	Ovovitelin
Egg whites	Pasta (fresh)
Egg yolks	Powdered egg
Emulsifier	Salad dressings (some)
Globulin	Vitelin

Baking substitutes (per egg) and include:

Baking powder (1/2 tsp)	tofu (1/4 pureed tofu)
Potato starch (2 tbsp)	water + oil + baking powder (2 tbsp/1 tsp/2 tsp)
Mashed potatoes (1/4 cup)	agar powder (1 tbsp plain agar powder in 1 tbsp water, whipped, chilled then whipped again)
Canned pumpkin or squash (1/4 cup)	
pureed prunes (1/4 cup)	
Ground flaxseed in water (1 tbsp flaxseed in 3 tbsp water)	



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Substitutes:

Arrowroot powder as binder

Baking powder (1/2 tsp for each replaced egg)

Egg Replacer

Pasta (dried) – Check to be sure no egg is in ingredient list

Tofu – for pudding-like texture (can also be “scrambled”)

Alternative food sources that provide important nutrients if avoiding eggs:

Protein: meats, poultry, fish, dairy products, dried beans, nuts and legumes.

Vitamin A: meats, fortified milk and margarine, yellow/orange and green leafy vegetables and fruits

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Produced by Virginia Cooperative Extension, Virginia Tech, 2026

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VT/0515/FST-195NP