

Egg Allergy

An egg allergy is an overreaction of the body's immune system to egg protein. All eggs and foods containing eggs must be omitted from the diet.

Symptoms

- Skin: hives, swelling of face, lips and tongue, atopic dermatitis
- Respiratory: throat tightness, nasal congestion, asthma
- Gut: vomiting, diarrhea, pain
- Anaphylaxis

Dietary Recommendations

Exclude from the diet:

- Albumin
- Egg (white, yolk, dried, powdered, solids, eggs of all species)
- Egg substitutes
- Eggnog
- Globulin
- Livetin
- Lysozyme
- Macaroni
- Mayonnaise
- Meringue
- Ovalbumin
- Ovaglobulin
- Ovomucin
- Ovomuroid
- Ovovitelin
- Simplese
- Surimi
- A shiny glaze or yellow baked goods may indicate the presence of eggs. Lecithin, marzipan, marshmallows, natural and artificial flavorings, and pasta may contain eggs.