



Egg Free Diet for Children

This leaflet should only be used in conjunction with advice from your Paediatric Dietitian.
Information is correct at time of writing*

Why does my child need an egg free diet?

Children with an egg allergy can present with a range of symptoms from mild to severe. Furthermore, reactions can occur in response to tiny amounts of cooked egg in food products to whole cooked or even raw egg touching the skin.

Immediate symptoms may include:

- Urticaria (nettle rash or hives), often around the mouth
- Swelling e.g. lips, eyes, face
- Coughing
- Anaphylaxis (throat swelling/choking, breathing difficulty and collapse)

Delayed symptoms may include:

- Tummy pain, bloating and excess wind
- Vomiting
- Diarrhoea
- Mucus and/or blood in stools
- Eczema

Foods to Avoid

An egg free diet totally excludes eggs in all forms. This includes hens, geese, turkey, duck and quail's eggs

You should avoid anything that contains:

<ul style="list-style-type: none"> · Egg · Egg white · Egg protein · Egg yolk · Egg powder · Egg lecithin (E322) 	<ul style="list-style-type: none"> · Fresh egg · Frozen egg · Pasteurized egg · Dried egg · Albumin · Globulin 	<ul style="list-style-type: none"> · Vitellin · Ovoalbumin · Ovoglobulin · Ovovitellin · Ovomuroid · Lysosyme (E1105)
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Examples of food label containing egg products:

Cheese and Onion Quiche : Cows' Milk, Wheat Flour, Onion, **Pasteurised Free Range Egg**, Maize Flour, Extra Mature Cheddar Cheese, vegetable oil, Single Cream, Red Leicester Cheese, Dijon Mustard

Foods containing egg include:

<ul style="list-style-type: none">· Omelettes· Pancakes· Ice-cream· Fried rice· Mayonnaise· Marshmallow· Egg custard· Salad Cream	<ul style="list-style-type: none">· Egg noodles· Meringues· Fish in batter· Confectioners custard· Cakes· Souffles· Quiches	<ul style="list-style-type: none">· Flans· Egg custard tarts· Fresh spaghetti· Egg wash or glaze· Yorkshire puddings· Béarnaise sauce· Hollandaise sauce
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The following foods may contain egg, please check labels carefully:

<ul style="list-style-type: none">· Fish fingers· Biscuits· Pastry· Sorbet	<ul style="list-style-type: none">· Soft centred sweets· Filled and fancy chocolates· Icings· Marzipan
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Classification of egg containing foods

Well cooked egg:	
<ul style="list-style-type: none">• Cakes• Biscuits• Sponge fingers• Nougat• Chew sweets• Chocolate bars containing nougat	<ul style="list-style-type: none">• Egg glaze on pastry• Meat substitutes• Egg in prepared meat dishes• Egg in some gravy granules• Dried egg pasta• Fresh egg pastas boiled over 10 minutes

Lightly cooked egg:	
<ul style="list-style-type: none">• Meringues• Lemon curd• Quiche• Boiled egg• Scrambled egg• Fried egg• Omelette	<ul style="list-style-type: none">• Poached egg• Egg in batter/breadcrumbs• Hollandaise sauce• Egg custard• Pancakes• Yorkshire pudding• Bread and butter pudding

Raw egg:	
<ul style="list-style-type: none">• Fresh mousse• Fresh mayonnaise• Fresh ice-cream• Sorbet• Royal icing• Prawn crackers	<ul style="list-style-type: none">• Raw egg in cake mix• Tartar sauce• Horseradish sauce• Fondant icing inside chocolates• Cheeses containing egg white

Always check the label as manufacturers change their ingredients from time to time ; for example when they have 'new improved recipe'.

Cross Contamination

Can occur whilst preparing foods. If traces of egg need to be avoided ensure all work surfaces, chopping boards and utensils are well cleaned or use separate ones.

Allergy Alerts

Sometimes foods are recalled due to allergy labelling errors or other allergy risks. You can get alerts free at www.food.gov.uk/news-alerts/subscribe

Food labelling

Under European Union allergy labelling laws ingredients containing egg have to be highlighted in bold or underlined on food packaging. If the food is from outside the EU labelling laws are different so check ingredients carefully. From Autumn 2021 foods which are pre-packed on the same site where they are sold also have to be labelled with a full list of ingredients.

Unlabelled foods

Be careful when choosing unlabelled food such as those found in butchers, bakeries and delicatessens. Ask at the counter for details about individual products to ensure they are free from egg. The food / food product should be avoided if you are unsure whether or not it contains egg.

Food Labelling ‘May contain...’

The statement ‘may contain’ is often used on food packaging to indicate that a food product may have been contaminated with a common allergen. It is recommended that you avoid these foods when following an egg free diet.

Remember: If in doubt, leave it out and avoid!

Eating Out

It can be difficult to follow an egg free diet when eating out at a restaurant, at a friend’s house or party. The key is to try and plan ahead. Try to call ahead to the restaurant or speak with the parent. This will help to ensure suitable meal options are available. Avoid self service areas due to the risk of cross contamination.

Non-food Items Containing Egg

By law products such as cosmetics, toiletries, perfumes and medications must include a list of ingredients on the packaging. The words may be labelled in Latin so the words to look out for are Ovum or Ovo. These products only need to be avoided if they cause any sort of irritation on the skin.

Please check with your pharmacist regarding medications.

Egg Replacers

Egg replacers do not have any nutritional values but are very useful in cooking. These can be purchased from pharmacies, supermarkets or health food shops.

Recipes and Baking

Many of your favourite recipes can be adapted using egg replacers or other ingredients. To adapt cake, muffin or other baking recipes, a teaspoon of baking powder can be used in place of each egg. For recipes requiring binding, such as stuffing, using pureed apple, mashed banana or pureed pineapple are good alternatives. There are many ideas for recipes available online.

Chocolate Cake

Ingredients:

- 275g plain flour
- 300g caster sugar
- 50g plain flour
- 38g cocoa powder
- 125mls vegetable oil
- 350ml water
- 1 1/2 tsp bicarbonate of soda
- 1/4 tsp salt
- 1 1/2 tablespoon vanilla extract

Method:

1. Preheat the oven to 180°C/Gas mark 4. Grease and flour a baking tin.
2. In a large bowl, mix together flour, cocoa powder, bicarbonate of soda, salt and sugar. Add oil, water and vanilla and mix thoroughly.
3. Pour into prepared baking tin. Bake for 25 - 30 minutes, then check if it is cooked all the way through. To test if a cake is fully cooked you can insert a skewer or small knife into the centre of the cake. If it comes out clean then it is ready, if not the cake will need to go back in to the oven for a further 2 minutes and test again.

Pancakes

Ingredients

- 120g plain flour
- 1tsp egg replacer (mixed with 4tbsp water) or 1 1/2 tsp baking powder
- 300ml milk substitute

Method

1. Sift the flour and baking powder into a bowl
2. Or if using egg replacer mix into the flour with a whisk or fork.
3. Add milk substitute, whisking gradually until smooth.
4. Lightly grease frying pan and heat till hot.
5. Add 1 ladle of batter to pan, cook until set, then flip and cook other side.

Easy Egg-Free Breaded Fish

Ingredients:

- 1 white fish fillet cut into strips
- 50g plain flour
- 50g butter melted
- 50g breadcrumbs
- 2 tablespoon vegetable oil

Method:

1. Dust the fish fillets with the flour, coat with melted butter and then with the breadcrumbs.
2. Heat the oil in the frying pan and fry for 3 minutes on each side.

Frequently Asked Questions

Q. Will my child be able to stay for school or nursery dinner?

A. Yes, this should not be a problem. Your child's nursery or school should be able to give you access to their menu and allergy information. If required speak to the dietitian who can liaise with the nursery or school cook to give information on appropriate choices.

Q. What happens if egg containing foods are eaten?

A. It depends on your child's symptoms. Some children experience skin problems, others tummy upset. In the majority of cases a small amount should cause little harm. However, a minority of children are severely intolerant and being vigilant is all you can do.

Q. Will my child grow out of their allergy/intolerance?

A. Many children do outgrow their intolerance / allergy in their toddler years. It can however take until they are 5 years old to fully outgrow their allergy / intolerance to egg.

Q. When can I reintroduce egg into my child's diet?

A. This can vary considerably between children. You should discuss when and how to reintroduce egg with your doctor or dietitian.

Additional support

www.anaphylaxis.org.uk and www.allergyuk.org

- national charities providing support and information

[www.nhs.uk/conditions/food allergy](http://www.nhs.uk/conditions/food%20allergy)

www.nhs.uk/conditions/anaphylaxis

- provide information on allergies

www.bda.uk.com

- the British Dietetic Association provides fact sheets on food allergy and intolerance

www.vegansociety.com

- provides egg free recipes

**For further support please contact your Paediatric Dietitian on
0121 424 1674**

Accessibility

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