

Guide to Complex Intolerances

Eggs

Egg Intolerance

If you have an intolerance to eggs this means that you need to avoid not only chicken's eggs but other eggs such as those from duck, quail and goose. This is because there are similar proteins in all eggs. There are many products that may contain eggs, including bread, pancakes, quiches, desserts, sauces, spreads, cakes, mayonnaise, ice cream and meat products. It is really important to read ingredient labels to check that egg is not present. Usually egg is listed as an allergen, so it is usually easy to see from the label.

There are egg replacements available which thicken and bind in the same way as eggs and can be used in baking and cooking.



Eggs can also be called:

- | | | |
|---------|----------------|---------------|
| Yolk | Ovovitellin | Ovoglobulin |
| Albumin | Lysozyme E1105 | Livetin |
| Globuli | Ovomuroid | Lecithin E322 |

Removing eggs: Keeping a balanced diet

1 egg equates to about 15% of the daily requirement for protein and so eggs are important particularly for those that are vegetarian. Eggs contain vitamins A, B, D and E and also calcium, phosphorous and iron. Other protein sources need to be eaten if eggs are removed from the diet. These include milk, meat and fish based proteins and also vegetable proteins such as beans, legumes, nuts and seeds. Vitamin supplements may also be recommended.



A number of food products are labelled with "May contain traces of egg". This does not mean that egg has been added to the product, but that the product may have come into contact with egg during manufacture.

Ingredients that can be used as a substitute for egg when baking are:-

| Aquafaba

| Tofu

| Applesauce

| Banana

| Pumpkin

| Flax seeds

| Chia seeds

| Non-dairy yoghurt

| Potato

| Prunes

| Olive Oil

| Cornstarch

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