

Egg Allergy and Intolerance

If your results have shown a reaction to Egg it is imperative that you either eliminate (strong reaction) or cut down (borderline reaction) your consumption of Egg or egg containing products.

Eggs are an excellent food containing proteins, fats, vitamins and minerals. However if you have an allergy or intolerance numerous sources of these nutrients are available from other sources. When a person is allergic to eggs, the body's immune system overreacts to proteins in the egg.

Every time something made with eggs enters the digestive system of a person with an egg allergy, the body thinks that these proteins are harmful invaders. The immune system responds by creating specific antibodies to that food, which are designed to fight off the "invader."

So when a person with an egg allergy eats a food that contains eggs, the immune system unleashes an army of chemicals to protect the body. The release of these chemicals can affect the respiratory system, gastrointestinal tract, skin, and the cardiovascular system — causing allergy symptoms like wheezing, nausea, inflammation, headache, stomach ache, and skin irritation such as itchy hives.

Eggs, egg by-products and derivatives are extensively used in food processing and ingredients. When purchasing products be sure to read the packaging label carefully.

Sources of Egg Protein		
Albumin	Egg Powder	Egg Protein
Egg White	Egg Yolk	Dried Egg
Frozen Egg	Globulin	Livetin
Ovalbumin	Ovoglobulin	Ovomucin
Ovovitellin	Pasteurised Egg	Vitellin

These egg derivatives are found in many products such as:

- Cakes, pancakes and desserts
- Yorkshire pudding
- Ready meals
- Mayonnaise
- Bakery Goods, many bakery goods are not labeled so check carefully.

Egg Substitutes:

Eggs are generally used in baking for glazing, binding or rising. The following alternatives may be used as recommended by the Vegan Society.

Instead of 1 egg, you can use:

- 1 tbs gram (chickpea flour) or soya flour and 1 tbs water
- 1 tbs arrowroot, 1 tbs soya flour and 2 tbs water
- 2 tbs flour, ½ tbs shortening, ½ tsp baking powder and 2 tsp water
- 50g tofu blended with liquid portion of the recipe
- ½ large banana mashed
- 50ml white sauce
- Whole egg substitute made from soy protein and potato starch.