

Francisco J. Cano, M.D.

Diplomat of the American Board of Allergy, and Immunology
Pediatric and Adult Asthma, Allergy and Immunology

Egg Avoidance

It is important to read food labels when trying to avoid eggs. Be sure to avoid obvious sources such as chicken eggs, custard, eggnog, egg noodles and soufflés.

Avoid major categories containing the following:

- Sauces (Hollandaise, Foyot, Bearnaise)
- Baked Products
- Egg substitute
- Mayonnaise
- Beverages or formulas potentially containing egg or powdered egg
- Cheese products
- Vegetable dishes prepared with egg
- Candies
- Meats, such as meatloaf
- Salad dressings
- Ice cream and other desserts
- Pasta made with egg
- Soups made with egg or egg noodle
- Root Bee

For more information see www.foodallergy.com.