

Living with an Egg Allergy

Living with a food allergy doesn't have to prevent you from enjoying wholesome and nutritious foods. The good news is that manufactures are required to state whether or not their product contains the following eight most common allergens – peanuts, tree nuts, soy, milk, eggs, fish, shellfish and wheat. Allergen information can be found near the nutrition facts label.

As the saying goes “*When in doubt, throw it out.*” A food allergy can cause a potential life-threatening reaction. So, if you are uncertain whether the food contains egg, do not eat the food. Manufactures change ingredients, so even if you buy the product frequently, always check the food label before you make a purchase. Potential allergens could also be present in foods if it is produced or manufactured in a plant containing allergenic foods – this is called cross contamination. It is *always* important to read foods labels before you buy.

Your best choices are going to be to select whole foods and limit your consumption of processed foods. Processed foods, like those that come in a box or can, usually have more allergens because of the additives, flavorings, coloring and preservatives added.

Here are some hidden sources of Egg:

- Bakery items (Breads, bagels, crackers)
- Cereal
- Energy Bars
- Egg Rolls
- Pasta
- Surimi
- Sauces (Bearnaise, tartar)

Using Exchanges:

If a recipe calls for eggs, simply substitute these foods for another protein exchange. Here is a substitution list:

If a recipe calls for....	Substitute with...
Eggs – 2 large	$\frac{3}{4}$ c. Cottage Cheese or 1 protein exchange
Mayonnaise- 1 $\frac{1}{2}$ t.	$\frac{1}{2}$ T. Melrose® Organic sunflower mayonnaise, 1.5 T Praise® 97% Fat-Free Mayonnaise, $\frac{1}{2}$ T Kingland® Soy mayonnaise, $\frac{1}{2}$ T Norganic® Mayo or 1 fat exchange
1 slice Gluten free bread*	1 Slice Vitality® Bakehouse traditional white bread, 1 slice (50g)

	Well & Good® Classic Bread mix, or 1 starch exchange
Salad Dressing*	1 tsp olive oil & Vinegar or 1 Fat Exchange
Egg noodles- 1/3 C (cooked)	½ C Whole Wheat Spaghetti or 1 Starch exchange
Sanitarium™ Vegie Delights Schnitzel - 1 schnitzel	Kidney Beans – 225 g (3/4 C) or 1 vegetarian protein exchange
Sanitarium™ Vegie Sausage - 1 link	170 g Tofu or 1 vegetarian protein exchange
Sanitarium™ Delights Mince - 100 g	Kidney Beans – 225 g (3/4 C) or 1 vegetarian protein exchange
Continental Cup-a-Soup 98% fat free®	Simmer 1 cup vegetable broth with ¼ medium potato and free veggies (carrots, celery) until tender. Serve.
Arnott's Vita-Weat Crackers – 20 g	Rice Cake (plain) – 1 (15 g)
Vita Weat® 100% Natural crackers – 20 g	Popcorn (air popped)* - 8g (2 ½ C)
Pita Chips* – 25 g	Rice Cake (plain) – 1 (15 g)

*Some varieties