

BAKING IS POSSIBLE

Eggs are an important ingredient in baking. When baking for someone with an egg allergy, these substitutions can be used. For best results when using a substitute, use recipes with only 1 or 2 eggs. Egg-free baking gets easier with practice.

For each egg called for in a recipe, substitute ONE of the following:

- 5 mL (1 tsp) baking powder, 25 mL (1½ tbsp) water and 25 mL (1½ tbsp) oil
- 5 mL (1 tsp) baking powder, 15 mL (1 tbsp) water and 15 mL (1 tbsp) vinegar
- 5 mL (1 tsp) yeast dissolved in 50 mL (¼ cup) warm water
- 1 packet of unflavoured gelatin, 30 mL (2 tbsp) of warm water. Do not combine until ready to use
- medium mashed banana

Commercial egg substitutes, such as Kingsmill Foods Egg Replacer®, Celimix Brand Egg Replacer® and Ener-g Egg Replacer®, are available and can be ordered directly from the company. They can also be found in some health food stores or the natural food section of some grocery stores.



FREQUENTLY ASKED QUESTIONS

CAN A PERSON ALLERGIC TO EGGS EAT CHICKEN?

In most cases, the answer is yes. Most often the antibodies against eggs identify chicken as non-egg and chicken can be eaten safely. In rare cases, the antibodies find a similarity between the protein structure of chicken and eggs and the child can react to both.

CAN A PERSON ALLERGIC ONLY TO EGG WHITE STILL EAT THE YOLK?

Eggs have two allergenic components with different properties — the yolk and the white. The egg white is the component which causes the most severe reactions. However, it makes little difference which part of the egg a child is allergic to. It is very difficult to separate the white from the yolk without having some parts of each combine. Thus, extremely small amounts can sometimes trigger severe reactions.

CAN A PERSON WHO IS ALLERGIC TO RAW EGGS EAT COOKED EGGS?

Usually not. Egg white is only slightly modified by heat, making it allergenic either raw or cooked. Egg yolk is substantially altered by heat and it can be tolerated by some if it is well cooked. But remember, it is very difficult to separate the white from the yolk without having some parts of each combine. However, sometimes when the allergy is disappearing, a person can eat cooked eggs but still react to raw eggs.

IF A PARENT IS ALLERGIC TO EGGS, WILL A CHILD BE?

A child's risk of developing food allergies is strongly influenced by the family history of allergies. Children without an allergic parent have a 15% risk of developing allergies. When one parent is allergic, the risk increases to 20 to 40%. When both parents are allergic, a child has a 40 to 60% risk of developing an allergy. A child does not usually inherit a specific food allergy from the parent, but rather the tendency to be allergic.

SPEAK TO A DIETITIAN

Eggs are one of nature's healthiest foods. They contain valuable high-quality protein along with essential vitamins and minerals such as folate, vitamin B₁₂, zinc and iron. The egg's food value is divided between the white and the yolk.

Eliminating eggs from the diet significantly reduces food choices and means missing out on many health benefits.



If you are concerned that you or your allergic child are not getting all the nutrients required, ask your local health unit or doctor for a referral to a dietitian. You can also contact Dietitians of Canada at www.dietitians.ca.

A dietitian will help you manage food choices without sacrificing good health or the pleasure of eating.

ALLERGY/ASTHMA INFORMATION ASSOCIATION

For more information about egg allergies, contact the Allergy/Asthma Information Association.

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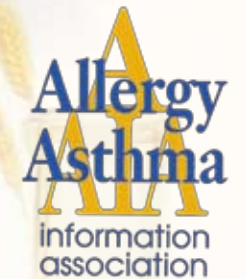
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