

# Family Child Care Food Allergy Fact Sheets



## Egg Allergies

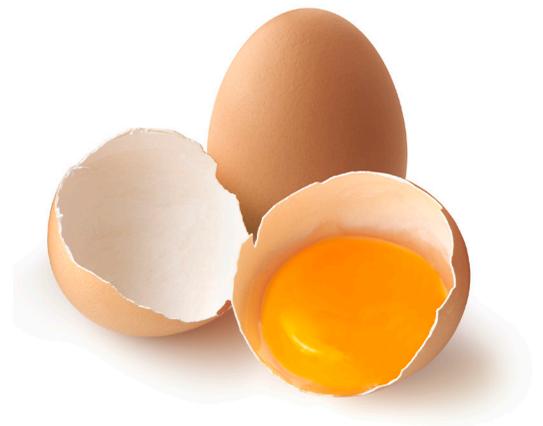
Egg is one of the nine major allergens in the United States. Together, they cause about 90% of all food-related allergic reactions. Both the egg yolk and egg white contain proteins that can cause allergies. There are over 40 different types of protein in eggs, but ovalbumin, found in the egg white, is the most common. Allergic reactions to egg white are more common than allergies to egg yolk. This fact sheet will discuss how to manage egg allergies in a family child care.

### How are children affected by egg allergies?

Egg allergies are estimated to affect about 1.3% of young children. For infants and young children, this is the second most common food allergy behind milk allergies. Egg allergies generally begin in childhood, and most children outgrow them. However, egg allergies can develop at older ages.

### What foods contain eggs?

Take extra care when reading ingredient lists for egg products. Even when a food is labeled “egg-free,” it could contain egg protein. Commercial egg substitutes typically are made of egg whites, which can be highly allergenic for children with egg allergies. Some fat substitutes also are made with egg proteins.

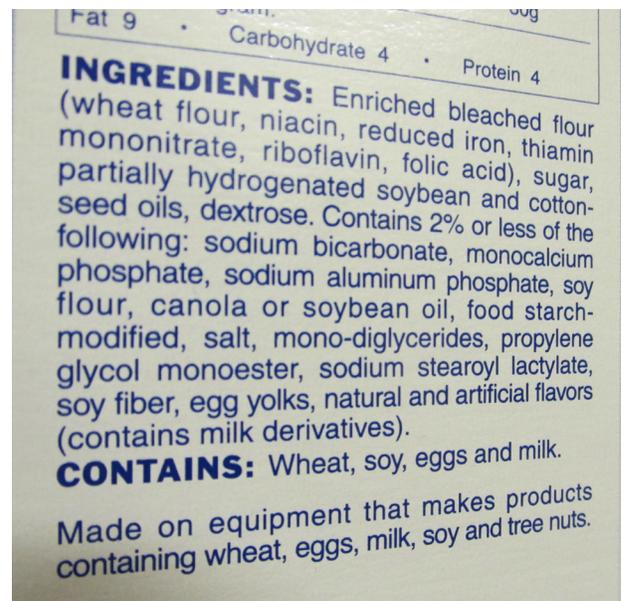


The following charts lists some products that may contain egg proteins.

| Egg-Based Ingredients |                    |                 |                  |
|-----------------------|--------------------|-----------------|------------------|
| • Dried eggs          | • Egg whites       | • Liquid eggs   | • Scrambled eggs |
| • Egg solids          | • Egg yolk         | • Poached eggs  | • Whole eggs     |
| • Egg substitute      | • Fried eggs       | • Powdered eggs |                  |
| • Egg wash            | • Hard boiled eggs | • Raw eggs      |                  |

| Egg Protein Ingredients   |  |  |  |
|---|--|--|--|
| <ul style="list-style-type: none"> <li>• Albumin (also spelled albumen)</li> <li>• Apovitellin</li> <li>• Globulin</li> </ul>   | <ul style="list-style-type: none"> <li>• Lecithin</li> <li>• Livetin</li> <li>• Lysozyme</li> <li>• Ovalbumin</li> </ul>   | <ul style="list-style-type: none"> <li>• Ovoglobulin</li> <li>• Ovomucin</li> <li>• Ovomuroid</li> <li>• Ovotransferrin</li> </ul>   | <ul style="list-style-type: none"> <li>• Ovovitelia</li> <li>• Ovovitellin</li> <li>• Silici albuminate</li> <li>• Vitellin</li> </ul>   |
| Dishes, Foods, and Products That May Contain Eggs   |  |  |  |
| <ul style="list-style-type: none"> <li>• Artificial flavorings</li> <li>• Baked goods (breads, cakes, cookies, crackers)</li> <li>• Breaded products (chicken nuggets)</li> <li>• Eggnog</li> <li>• Fat substitute</li> <li>• French toast</li> <li>• Gelato</li> </ul> | <ul style="list-style-type: none"> <li>• Ice cream</li> <li>• Lecithin</li> <li>• Marshmallows</li> <li>• Marzipan</li> <li>• Mayonnaise</li> <li>• Mayonnaise-based salad dressings (Caesar dressing)</li> <li>• Meatloaf, meatballs</li> </ul> | <ul style="list-style-type: none"> <li>• Meringue/meringue powder</li> <li>• Natural flavorings</li> <li>• Nougat</li> <li>• Pancakes</li> <li>• Pasta (egg nodles)</li> <li>• Pretzels</li> <li>• Processed meats</li> <li>• Pudding and custard</li> </ul> | <ul style="list-style-type: none"> <li>• Sauces</li> <li>• Soufflés</li> <li>• Specialty coffee drinks (eggs can be used in the foam or topping)</li> <li>• Strata/stratta</li> <li>• Surimi seafood</li> <li>• Quiche</li> <li>• Waffles</li> </ul> |

Many items may not contain egg but may be produced in a facility where egg is processed or used as an ingredient. As a result, cross-contact with eggs may occur. Cross-contact is the accidental transfer of allergens to an allergen-free food or surface. Do not give a food to a child with an egg allergy that is labeled with an advisory statement such as being produced or manufactured in a facility with egg.



### What substitutes can be used for eggs?

The following chart lists common menu items that may be used as safe substitutions for items that contain eggs. Always carefully read ingredient lists, even for foods that do not usually contain egg.

| Menu Items and Condiments That May Contain Egg*                           | Possible Substitutes*†  |
|---|---|
| Bread, bagels, biscuits, muffins, pancakes, waffles, other bread products | Egg-free bread, French-type bread, tortillas, egg-free pancakes |
| Breaded products (chicken nuggets, fish sticks)                           | Non-breaded products (grilled chicken patties)                  |
| Mayonnaise-based salad dressings  | Mustard, vinegar, Italian dressing                              |
| Meatloaf, meatballs   | Hamburger   |
| Pasta   | Egg-free noodles, rice, couscous, barley                        |
| Processed meats (chicken nuggets)   | 100% beef, pork, poultry, fish, shellfish, beans, peas, legumes |
| Pretzels (some soft varieties)  | Hard pretzels, saltines, corn chips, egg-free bread             |

\*All meals and snacks claimed for reimbursement must meet the Child and Adult Care Food Program (CACFP) meal pattern requirements. Please visit [www.fns.usda.gov/cacfp/meals-and-snacks](http://www.fns.usda.gov/cacfp/meals-and-snacks) for more information. For children with food allergies, providers are required to provide meal modifications as stated in the child's medical statement signed by a State licensed healthcare professional. Meal modifications may require providing meals and snacks that do not meet CACFP meal pattern requirements. These meals are reimbursable as long as there is a medical statement on file documenting the necessary accommodations. Providers may choose to accommodate food-related disabilities without a signed medical statement if the meal modifications still meet the meal pattern requirements. Refer to the *Family Child Care Food Allergy Fact Sheets—Accommodating Children with Food Allergies* for more information.

†Always review the ingredient list to verify ingredients and check for possible cross-contact.

Children who have mild to moderate egg allergies may be able to eat traces of egg in baked goods (for example, cakes, bread, and cookies). However, only serve these items if they are noted in the medical statement and signed by the State licensed healthcare professional. Remember, avoid serving large amounts of eggs to children with egg allergies.

## What are some baking substitutions for egg?

The following ingredients can be used to replace one to three eggs in a recipe:

- 2 Tbsp cornstarch, arrowroot flour, or potato starch = 1 egg
- 1 Tbsp soy powder + 2 Tbsp water = 1 egg
- 1 Tbsp soy milk powder + 1 Tbsp cornstarch + 2 Tbsp water = 1 egg
- 1 banana = 1 egg in cakes
- 1 Tbsp milled flax seed + 3 Tbsp cold water = 1 egg
- 1 tsp gelatin + 3 Tbsp cold water + 7 tsp boiling water, chilled and beaten = 1 egg
- 2 Tbsp water + 1 Tbsp oil + 2 tsp baking powder = 1 egg
- 3 Tbsp aquafaba\* = 1 whole egg

\*Aquafaba is the liquid from canned chickpeas or beans.



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**For More Information**

Food Allergy Research & Education  
[www.foodallergy.org](http://www.foodallergy.org)

Institute of Child Nutrition  
[www.theicn.org/foodsafety](http://www.theicn.org/foodsafety)

U.S. Food and Drug Administration  
*Food Allergens*  
[www.fda.gov/food/food-labeling-nutrition/food-allergies](http://www.fda.gov/food/food-labeling-nutrition/food-allergies)

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