

NORTH KITSAP EAR, NOSE AND THROAT

KITSAP ALLERGY CARE

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FOOD ALLERGIES / INGREDIENTS TO AVOID

EGG ALLERGY

Ingredients to Avoid:

- Albumin
- Globulin
- Lysozyme
- Livetin
- Silica albuminate
- Simplese
- Vitellin
- Meringue
- Ingredients contain the word “egg” such as egg white, egg white solid, egg yolk
- Ingredients that begin with “ovo” (which is egg in latin)

Foods Commonly Containing Egg:

- Baked goods: cookies, cakes, muffins, breads, pancakes, waffles, French toast, crackers
- Beverages: coffee drinks with foam, win, root beer, beer, egg nog
- Desserts: custards, puddings, ice cream, cream pies, frosting, and sherbet
- Battered foods such as fish and chicken nuggets
- Meatballs, meatloaf
- Pasta
- Sauces and dressings: salad dressings like hollandaise, béarnaise, mayonnaise, Caesar dressing, cream sauces
- Soups: cream soups, noodle soups, some broth, egg – drop soup
- Marshmallows (not common), marshmallow cream, cream fillings in candies and desserts

Helpful websites for food allergies:

<http://www.foodallergy.org/home>

<http://www.niaid.nih.gov/topics/foodAllergy/Pages/default.aspx>

<http://www.mayoclinic.com/health/food-allergy/DS00082>

<http://home.allergicchild.com/allergies>