

THE FACTS ABOUT EGG ALLERGY

<p>Cause An abnormal reaction of the body's immune system to the protein in eggs.</p> <p>Age of onset Usually occurs during the first year of life, or when eggs are first introduced.</p> <p>Diagnosis Should be done by a doctor or an allergist who may use several tools, including:</p> <ul style="list-style-type: none"> • Detailed history • Skin prick test • Food challenge • Blood tests <p>Symptoms Reactions to a food typically begin within minutes but may also occur up to 2 to 4 hours after eating and usually last less than one day.</p>	<p>Allergic reactions to food can include any of the following symptoms:</p> <p>Digestion</p> <ul style="list-style-type: none"> • Tingling in the mouth • Vomiting • Nausea • Diarrhea • Abdominal pain (cramps) <p>Skin</p> <ul style="list-style-type: none"> • Rash • Eczema • Redness • Change in skin colour • Hives • Itching • Swelling <p>Air Passages</p> <ul style="list-style-type: none"> • Runny nose, sneezing • Nasal congestion • Wheezing • Breathing difficulty • Itchy, watery eyes • Coughing, choking, gagging 	<p>Anaphylaxis Severe allergic reaction in which several different parts of the body are affected. It can lead to loss of consciousness and death. Immediate medical help is necessary. Those at risk should carry epinephrine and wear a "MedicAlert®" bracelet.</p> <p>Treatment</p> <ul style="list-style-type: none"> • Be prepared. Carry injectable epinephrine (e.g., EpiPen®) if prescribed and know how to use it. Go to a hospital emergency room for follow-up. • Complete avoidance of eggs including any foods or other products containing eggs until all allergy symptoms are under control or have disappeared (as determined by an allergist). • As a means of delaying or possibly preventing the allergy, breast-feed without introducing solid foods for the first 6 months.
---	---	---



SAFETY TIPS

When eating out or buying bakery products, ask if eggs were used in any part of the preparation. **BE CAUTIOUS!** You may not always be given the correct answer.

Tell everyone who may have contact with an allergic child about the allergy. Be sure daycare centre staff and babysitters understand the importance of isolating the child from contact with eggs and know what to do if a reaction occurs.

Teach an allergic child not to share foods.

Avoid eating from buffets and at restaurants where foods with egg batter are deep-fried in oil that is reused for other foods.

READ LABELS CAREFULLY!

In order to avoid foods containing eggs, it is important to read labels of packaged or prepared foods carefully.

Note: Any word containing "ovo" or "albumin" most likely refers to a food which contains eggs.

Food ingredients that indicate or may indicate the presence of eggs. Avoid the following.

- Albumen
- Albumin
- Conalbumin
- Duck, goose, quail egg
- Egg (white, yolk, dried, powdered, solids, frozen, pasteurized)
- Eggnog
- Egg substitutes (Egg Beaters®)
- Lecithin (egg)
- Livetin
- Lysozyme
- Ovalbumin
- Ovoglobulin
- Ovolactohydrolyze proteins
- Ovomacroglobulin
- Ovomuroid
- Ovomucin
- Ovotransferrin
- Ovovitellin
- Simplese
- Silico-albuminate
- Vitellin

Foods that contain or may contain eggs

- Baby foods (some)
- Battered foods
- Béarnaise sauce
- Breads and buns (can contain or be glazed with eggs)
- Caesar salad
- Cakes
- Candies (cream centres in chocolates)
- Consommé soup
- Cookies
- Cream pies
- Custards/Puddings
- Dessert mixes (some)
- Doughnuts
- Eggnog
- Egg noodles
- French toast
- Hollandaise sauce
- Homemade root beer
- Hot dogs (some)
- Ice cream (some)
- Icings or frostings
- Lard
- Mayonnaise
- Meat mixtures (meatloaf, hamburger, meatballs, sausages...)
- Meringue
- Newburg sauce
- Omelettes
- Orange Julep®
- Pancakes
- Processed meats
- Quiche
- Salad dressings (some)
- Salami (some)
- Soup clarified with eggs
- Soup with noodles
- Soufflé
- Surimi
- Waffles
- Wonton soup

Non-Food sources of eggs

- Anesthetic (Diprivan / Propofol)
- Certain vaccines (flu shots)
- Egg-based shampoos
- Eggshells used in crafts
- Some artists' paints
- Some body or hydrating lotions
- Some soaps

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.
- ½ large 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. 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.