

Children's Dietitians

The Department of Dietetics and Nutrition
Queen's Medical Centre Campus
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Nottingham
NG7 2UH

Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

Freephone (City Hospital Campus): 0800 052 1195

Freephone (QMC Campus): 0800 183 0204

From a mobile or abroad: 0115 924 9924 ext 65412 or 62301



Minicom: 0800 183 0204

E-mail: pals@nuh.nhs.uk

Letter: NUH NHS Trust, c/o PALS, Freepost NEA 14614,
Nottingham NG7 1BR

www.nuh.nhs.uk

If you require a full list of references for this leaflet please email patientinformation@nuh.nhs.uk or phone 0115 924 9924 ext. 67754.

The Trust endeavours to ensure that the information given here is accurate and impartial.

Egg Free Diet

Information For Children and their families

Department of Dietetics and Nutrition

This document can be provided in different languages and formats. For more information please contact:

Nottingham Children's Hospital
Queen's Medical Centre Campus
D Floor, East Block

Notes:

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Egg allergy

Hen's egg allergy is typically seen in children under five. It usually seems to be on their first exposure to egg. Around one third of egg allergic children may also have eczema. Some also have other food allergies. About 80 per cent of children with an egg allergy outgrow their allergy by their teens, about half have done so by their third birthday.

Symptoms

Egg allergy can range in presentation from tiny amounts of cooked egg in foodstuffs to whole cooked or even raw egg touching the skin.

Mild symptoms may include:

- Tummy pain and vomiting
- Itching
- Redness of the skin
- Urticaria (nettle rash or hives), often around the mouth
- Swelling e.g. lips, eyes, ears
- Cough

Symptoms in severe cases may include:

- Wheeze
- Anaphylaxis (throat swelling/choking, breathing difficulty and collapse)

Additional support - contact details

Debra Forster

Children's Respiratory & Allergy Nurse
Children's Clinic South, B Floor,
Nottingham Children's Hospital
Queen's Medical Centre
Nottingham
NG7 2UH

Tel: 0115 9249924 (ext: 62501)

The Anaphylaxis Campaign is a national charity that can provide support and information.

The Anaphylaxis Campaign

P.O. Box 275

Farnborough

Hampshire

GU14 6SX

Helpline: 01252 542029

www.anaphylaxis.org.uk

Visit these websites to access a free demonstration of EpiPen, Anapen or Jext:

EpiPen

www.epipen.co.uk

Anapen

www.anapen.co.uk

Jext

www.jext.co.uk

Vaccines

MMR vaccine

The MMR vaccine is grown on cultured-embryo-chick fibroblasts and is generally free of hen's egg protein. If traces of hen's egg protein are found, the protein is highly processed and the concentrations are too low to represent a risk.

There is no evidence that people with egg allergy are more likely to have a reaction to the MMR than those who do not have an egg allergy. It is safe for those with egg allergy to have the MMR in their GPs surgery. For further advice speak to your doctor or nurse.

Flu vaccine

Children with mild reactions to egg may sometimes be given flu vaccine with no special precautions. Flu vaccines that are considered essential for children with potentially severe allergy to egg must be given in hospital. Please discuss the options with your doctor .

Yellow Fever vaccine

This is grown on egg and can cause significant reactions, so it should not be given to egg allergic people unless there are exceptional circumstances. If it needs to be given, then it should be given in hospital under strict supervision

Severe egg allergy

This is less common and symptoms usually begin within seconds or minutes of eating or touching the egg-containing food. Tiny amounts of egg may cause a reaction and symptoms may effect the whole body including swelling of the airways, breathing difficulties and a drop in blood pressure (drowsiness, fainting or collapse) – known as anaphylaxis.

People at risk of severe reactions should carry preloaded adrenaline (Epipen/Anapen/Jext) at all times in order to treat one of these severe reactions.

If you have been told you need an Epipen/Anapen/Jext in clinic today you should have been shown how to use it. If you have not been shown how to use it, please contact the Allergy Nurse (details on page 17). You should also carry an antihistamine to treat mild reactions.

If you use an Epipen/Anapen/Jext you must always call an ambulance.

School/Nursery

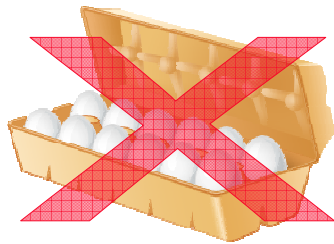
Contact the school nurse (children's nurse attached to health visiting team for nurseries) to arrange Epipen/ Anapen/Jext and anaphylaxis training for the school or nursery. If you have any problems, please contact the Allergy Nurse.

Food and food labelling

Any manufactured, pre-packed foods sold in the UK or EU are required by law to list clearly in the ingredients whether the product contains egg, no matter how small the amount is.

However, some foods for instance those bought in deli's, bakeries or butchers do not have labels so may contain egg without you realising. These foods should be avoided if you cannot be sure whether or not they contain egg.

Remember to always check food labels and ingredients to ensure that you **are** avoiding egg totally from the diet and that you **are not** mistakenly excluding foods when they are egg free.



Egg allergy and Non-food Items Containing Egg

E322 is a food additive to describe the emulsifier Lecithin. Theoretically it can be derived from egg although in practice this is rare. It appears more commonly in medications. Check any medicines you are using with the pharmacist.

By law products such as cosmetics, toiletries, perfumes and medications must include a list of ingredients on the packaging. The words may be labelled in Latin so the words to look out for are Ovum or Ovo. These products only need to be avoided if they cause any sort of irritation on the skin.

Certain medications may contain traces of egg and should be avoided. Please check with your pharmacist.



Ener-G Egg Replacer

This product can be bought in health food stores to use in recipes to replace eggs. It cannot be used for omelettes, Yorkshire puddings, hard icing or meringues.

- There are recipes supplied with the product.
- It is suitable for vegans as it contains no animal products.
- It is egg free, milk free, gluten free wheat free and soya free.

Product is manufactured by:
General Dietary Ltd
P.O. Box 38
Kingston-upon-Thames
Surrey
KT2 7YP
Tel : 020 8336 2323



www.ener-g.com

Egg free substitute foods

- Egg free mayonnaise
- Egg free cakes and muffins
- Egg free omelette mix
- Egg free quiche

These foods are available from health food shops and some supermarkets.

Foods to Avoid

An egg free diet totally excludes eggs in all forms. This includes hens, geese, turkey, duck and quail's eggs.

You should avoid anything that contains:

- Egg
- Egg white
- Egg white
- Egg yolk
- Egg powder
- Egg lecithin
- Fresh egg
- Frozen egg
- Pasteurized egg
- Dried egg
- Albumin
- Globulin
- Vitellin
- Ovoalbumin
- Ovoglobulin
- Ovovitellin
- Ovomuroid

Plus any other word beginning with Ovo.

Foods containing egg include:

- Omelettes
- Pancakes
- Ice-cream
- Fried rice
- Mayonnaise
- Marshmallow
- Egg custard
- Salad Cream
- Egg noodles
- Meringues
- Fish in batter
- Confectioners custard
- Cakes
- Souffles
- Quiches
- Flans
- Egg custard tarts
- Fresh spaghetti
- Egg wash or glaze
- Yorkshire puddings
- Béarnaise sauce
- Hollandaise sauce

The following foods may contain egg, please check labels carefully:

- Fish fingers
- Biscuits
- Pastry
- Sorbet
- Soft centred sweets
- Filled and fancy chocolates
- Icings
- Marzipan

Classification of egg containing foods

Well cooked egg:

- Cakes
- Biscuits
- Sponge fingers
- Nougat
- Chew sweets
- Chocolate bars containing nougat
- Egg glaze on pastry
- Meat substitutes
- Egg in prepared meat dishes
- Egg in some gravy granules
- Dried egg pasta
- Fresh egg pastas boiled over 10 minutes

Lightly cooked egg:

- Meringues
- Lemon curd
- Quiche
- Boiled egg
- Scrambled egg
- Fried egg
- Omelette
- Poached egg
- Egg in batter/breadcrumbs
- Hollandaise sauce
- Egg custard
- Pancakes
- Yorkshire pudding
- Bread and butter pudding

Raw egg:

- Fresh mousse
- Fresh mayonnaise
- Fresh ice-cream
- Sorbet
- Royal icing
- Prawn crackers
- Raw egg in cake mix
- Tartar sauce
- Horseradish sauce
- Fondant icing inside chocolates
- Cheeses containing egg white

Egg Replacers

Egg replacers do not have any nutritional values but are very useful in cooking. These can be purchased from pharmacies or health food shops.

Below are a selection of egg replacers:

Whole egg replacers

- Loprofin egg replacer (SHS)
- No-egg replacer (Orgran)
- Whole egg replacer (Allergycare)
- Ener-G egg replacer (General Dietary)

Egg white replacer

- Loprofin egg white replacer (SHS)

Allergy Care Egg Replacer

It is available from health food stores:

Manufactured by

Lifestyle Healthcare
Tel : 01491 570000



Chocolate Cake

Ingredients:

- 275g plain flour
- 300g caster sugar
- 38g cocoa powder
- 125ml vegetable oil
- 350ml water
- 1 ½ teaspoon bicarbonate of soda
- ¼ teaspoon salt
- 1 ½ tablespoon vanilla extract



Method:

1. Preheat oven to 180°C/Gas mark 4. Grease and flour a baking tin.
2. In a large bowl, mix together flour, cocoa powder, bicarbonate of soda, salt and sugar. Add oil, water and vanilla and mix thoroughly.
3. Pour into prepared baking tin. Bake for 25 - 30 minutes, then check if it is cooked all the way through. To test if a cake is fully cooked you can insert a skewer or small knife into the centre of the cake. If it comes out clean then it is ready, if there is some runny mixture the cake will need to go back in to the oven for a further 2 minutes and test again.

Recipes and Baking

Many of your favourite recipes can be adapted using egg replacers or other ingredients.

To adapt cake, muffin or other baking recipes, a teaspoon of baking powder can be used in place of each egg. For recipes requiring binding, such as stuffing, using pureed apple, mashed banana or pureed pineapple are good alternatives.

Vegan recipes are all egg free and it is a good idea to look at the Vegan Society website for some recipes.

www.vegansociety.com

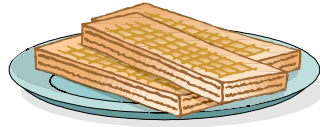
Over the next few pages are some recipes to try



Easy Egg-Free Breaded Fish

Ingredients:

- 1 white fish fillet cut into strips
- 50g plain flour
- 50g butter melted
- 50g Breadcrumbs
- 2 tablespoon vegetable oil



Method:

1. Dust the fish fillets with the flour, coat with melted butter and then with the breadcrumbs.
2. Heat the oil in a frying pan and fry for three minutes on each side.

Chocolate-chip cookies

Ingredients:

- 225g butter
- 120g icing sugar
- 180g plain flour
- ½ teaspoon bicarbonate of soda
- 80g porridge oats
- 1 ½ teaspoon vanilla extract
- 170g chocolate chips



Method:

1. Cream butter and add sugar with a wooden spoon. Mix flour and bicarbonate of soda together thoroughly.
2. Add oats, vanilla and chocolate chips. Mix well and drop mixture onto a parchment-lined baking tray.
3. Bake at 180 C / Gas 4 for 15 minutes or until lightly browned.