



## Egg Allergy

**E**gg allergy is estimated to affect approximately 1.5% of young children. But it's also a food allergy that is one of the most likely to be outgrown over time.

Most allergic reactions associated with egg involve the skin, but anaphylaxis also can occur. Allergic reactions to egg are mostly IgE-mediated (involving IgE antibodies).

### Baking

For each egg, substitute one of the following in recipes. These substitutes work well when baking from scratch and substituting 1 to 3 eggs.

- 1 tsp. baking powder, 1 T. liquid, 1 T. vinegar
- 1 tsp. yeast dissolved in 1/4 cup warm water
- 1 1/2 T. water, 1 1/2 T. oil, 1 tsp. baking powder
- 1 packet gelatin, 2 T. warm water. Do not mix until ready to use.

### Some Hidden Sources of Egg

- Eggs have been used to create the foam or milk topping on specialty coffee drinks and are used in some bar drinks.
- Some commercial brands of egg substitutes contain egg whites.
- Most commercially processed cooked pastas (including those used in prepared foods such as soup) contain egg or are processed on equipment shared with egg-containing pastas. Boxed, dry pastas are

usually egg-free, but may be processed on equipment that is also used for egg-containing products. Fresh pasta is sometimes egg-free, too. Read the label or ask about ingredients before eating pasta.

- Egg wash is sometimes used on pretzels before they are dipped in salt.

### Commonly Asked Questions

#### *Can an MMR Vaccine be given to an individual with an egg allergy?*

The recommendations of the American Academy of Pediatrics (AAP) acknowledge that the MMR vaccine can be safely administered to all patients with egg allergy. The AAP recommendations have been based, in part, on scientific evidence supporting the routine use of one-dose administration of the MMR vaccine to egg-allergic patients. This includes those patients with a history of severe, generalized anaphylactic reactions to egg.

#### *I've heard the flu vaccine contains egg, is this true?*

Yes, influenza vaccines usually contain a small amount of egg protein.

#### *Is a flu shot safe for an individual with an egg allergy?*

Influenza vaccines are grown on egg embryos and may contain a small amount of egg protein. If you or your child is allergic to eggs, speak to your doctor before receiving a flu shot.

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