



## ALLERGY SUBSTITUTIONS – EGGS

These are intended as guidelines only. Individual dietary needs and allergens vary.

### Living with an Egg Allergy

Living with a food allergy doesn't have to prevent you from enjoying wholesome and nutritious foods. The good news is that manufacturers are required to state whether or not their product contains the following eight most common allergens – peanuts, tree nuts, soy, milk, eggs, fish, shellfish and wheat. Allergen information can be found near the nutrition facts label.

As the saying goes "When in doubt, throw it out." A food allergy can cause a potential life-threatening reaction. So, if you are uncertain whether the food contains egg, do not eat the food. Manufacturers change ingredients, so even if you buy the product frequently, always check the food label before you make a purchase. Potential allergens could also be present in foods if it is produced or manufactured in a plant containing allergenic foods – this is called cross contamination. It is always important to read foods labels before you buy.

Your best choices are going to be to select whole foods and limit your consumption of processed foods. Processed foods, like those that come in a box or can, usually have more allergens because of the additives, flavorings, coloring and preservatives added.

Here are some hidden sources of Egg:

- Bakery items (Breads, bagels, crackers)
- Cereal
- Energy Bars
- Egg Rolls
- Pasta
- Surimi

### Heat & Eat: Amy's® Egg Free:

All of Amy's Frozen Dinners are free of eggs. Per website: "Amy's Kitchen does not use any peanuts, fish, shellfish or eggs". More information can be found at the Amy's website:

<http://www.amys.com/>

<http://www.amys.com/buy/around-the-world/canada>

### Using Exchanges:

If a recipe calls for eggs, simply substitute allergen containing foods for another protein exchange. An example substitution list is provided on the next page.



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If a recipe calls for....	Substitute with...
2 Lg. Eggs	¾ c. Cottage Cheese or 1 protein exchange
1 C Egg substitute	1 C Greek Yogurt – nonfat, plain or 1 protein exchange
1 ½ t. Mayonnaise	½ T. Earth Balance® Mindful Mayo, ½ T Follow Your Heart® Org. Veganaise, Nasoya® Nayonaise or 1 fat exchange
1 slice Gluten free bread*	1 Slice Ener-G® Brown Rice Loaf, or 1 slice Food For Life® Wheat & Gluten Free Brown Rice Bread
Salad Dressing*	1 tsp olive oil & Vinegar or 1 fat exchange
1/3 C (cooked) Egg noodles	½ C Whole Wheat Spaghetti or 1 starch exchange
1 Kashi Waffle	1 Nature Valley® Crunchy Granola Bar or 1 starch exchange
1 Progresso® 100 cal soup – some varieties	1 Progresso® 100 cal soup – Beef Pot Roast, Savory Vegetable Barley, Zesty! Southwestern-style Vegetable, Zesty! Santa Fe Style Chicken, New England Clam Chowder, Reduced Sodium Tomato Parmesan, French Onion, Vegetarian Vegetable w/Barley, Garden Vegetable, Chicken & Wild Rice, Chicken Barley, Manhattan Clam Chowder
Balance Bar® Gold & Original (all varieties)	Kashi® GoLEAN Bar, Luna® Protein, or Odwalla Bar!®
3 Morningstar Farms® Buffalo Veggie Wings	2/3 C Black Beans or Vegetarian protein exchange
Veggie Burger, Veggie Chik'n Patty, Veggie Hot Dog, Veggie Sausage links	½ C Chickpea (garbanzo beans) or 1 Vegetarian protein exchange

\*Some varieties