

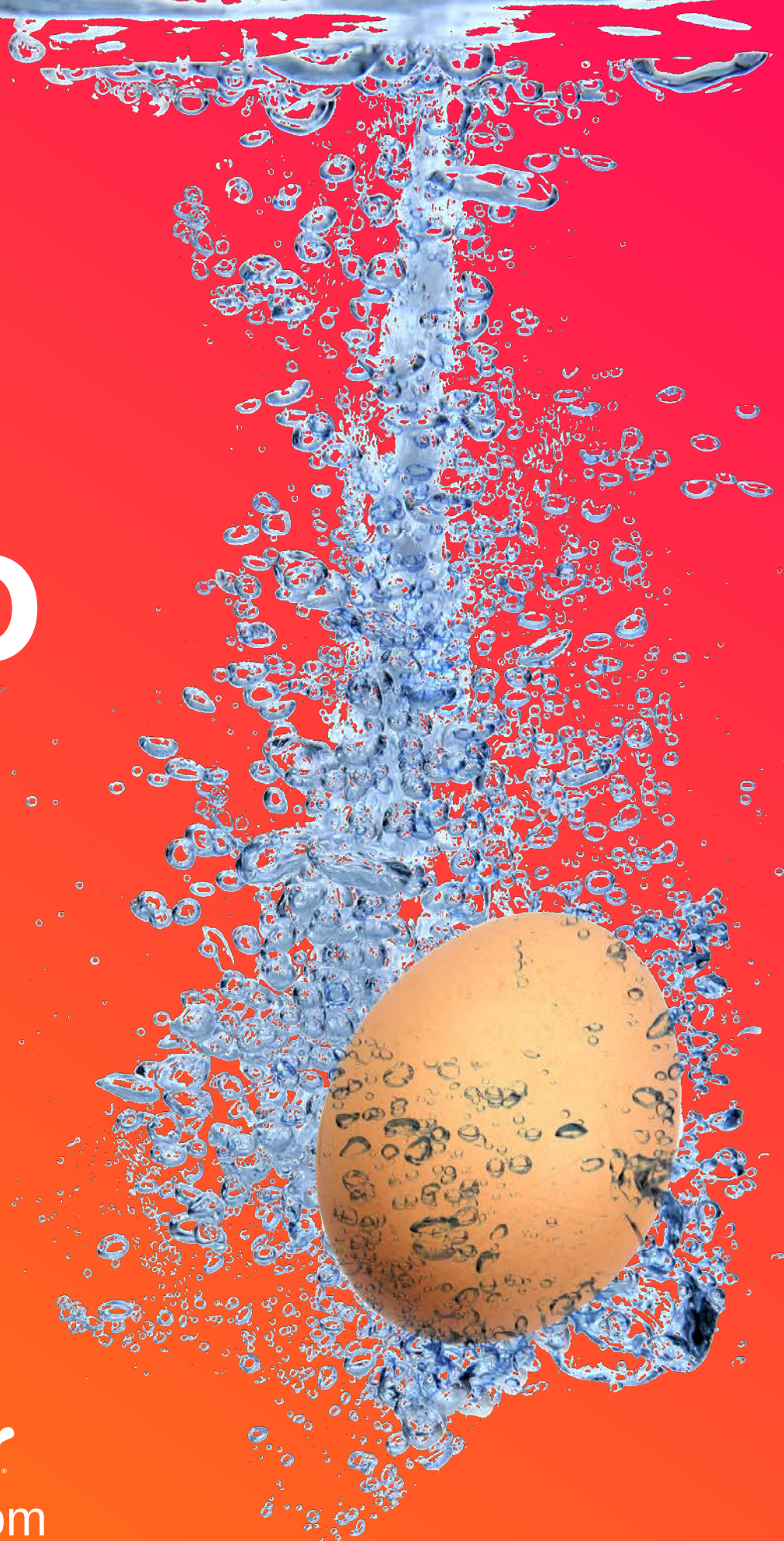
# TOP 7 THINGS TO KNOW ABOUT EGG ALLERGY

By Steven Tan, MD



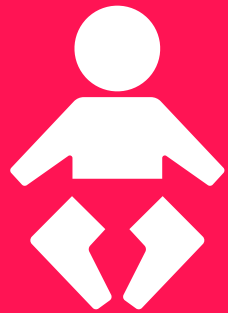
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# #1

**2 PERCENT OF CHILDREN HAVE  
EGG ALLERGY.**

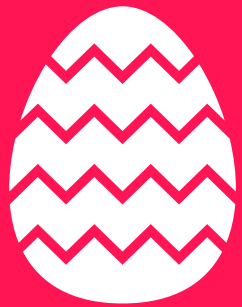


Great news!

70 percent are likely to outgrow their egg allergy by age 16.

# #2

**IF YOU ARE EGG ALLERGIC,  
YOU SHOULD AVOID BOTH  
EGG YOLKS AND WHITES.**



Egg proteins cause the most serious reactions. Egg whites are high in proteins, but yolks have protein too. It's impossible to completely separate egg white from yolk, so the best recommendation is to avoid both.

# #3

## READ LABELS CAREFULLY, SINCE EGG IS FOUND IN MANY UNEXPECTED FOODS.



Some examples of foods where it might be hiding include canned soup, salad dressing, mayonnaise, processed meat, baked/breaded goods, pasta, surimi (artificial crab), ice cream, pudding, custard, meringue, marshmallow, nougat, frosting, foam in alcoholic or coffee drinks, even egg substitutes. Look for albumin, lecithin, globulin, lysozyme, vitellin. And note that there is cross reactivity to other eggs (goose, turkey, quail, duck) so avoid these too.

# #4

## TRY EGG SUBSTITUTION TRICKS SO YOU DON'T MISS THEM.



Be careful with commercial egg substitutes as they may have egg protein.

Try these egg substitute hacks instead:

- ▶ Mix water, oil and baking powder
- ▶ Mix water and unflavored gelatin
- ▶ Mix yeast and water

# #5

## FOOD LABELS MUST INDICATE WHEN EGG IS PRESENT.

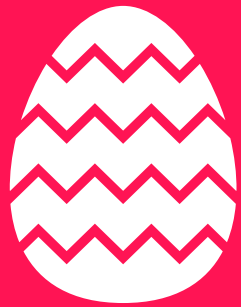


Food products containing eggs are required by law to state this on food labels. However, advisory labels are not required (for example, cross contamination, made in shared facility, storage and transportation issues).



# #6

## NO MATTER YOUR ALLERGY, THE BEST STRATEGY IS AVOIDANCE.



Currently there is no cure - avoid eggs and any foods that contain them.

- ▶ Epi shot is usually recommended for severe symptoms.
- ▶ Antihistamines are usually used for mild symptoms.
- ▶ If you're breastfeeding a child with an egg allergy, you should avoid eggs.
- ▶ See your doctor for vaccine guidance (MMR, flu, yellow fever).

# #7

**LETTING OTHERS KNOW  
ABOUT YOUR EGG ALLERGY IS  
AN IMPORTANT WAY TO  
STAY SAFE.**



Create your **FREE** egg allergy profile at [selectivor.com](https://www.selectivor.com) and share it with others so you're never left out!





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