

# Village Health Clinic

Naturopathic Medical & Midwifery Care

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## Egg-Free Diet

Achieving an egg-free diet requires that all forms of egg and egg products or foods made from them be avoided, including the following list of selected foods. An alternative to eggs, “egg replacers” can be used in some of these foods.

Angel food cake	Dessert powders	Malted cocoa drinks	Salad dressings
Batters for frying	Doughnuts	Marshmallows	Sauces
Baking powders*	Dried eggs in prepared	Meat jellies	Sausages
Bavarian cream	food Dumplings	Meat loaf	Sherbets
Boiled dressing	French toast	Meat molds	Soufflés
Bouillon's	Fritters	Meringues	Soups
Breads/Breaded foods	Frostings	Muffins	Spaghetti*
Cakes/Cake flours	Glazed rolls	Noodles*	Spaghetti*
Candies (except hard	Griddle cakes	Omelets	Spanish creams
candy)	Hamburger mix	Ovaltine	Sponge cakes
Coffee (if cleared with	Hollandaise sauce	Ovomalt	Tarter sauce
eggs)	Ice cream	Pancakes	Timbales
Consommés	Ices	Pastes	Waffles
Cookies*	Icings	Patties	Wines (many
Creamed pies	Laxative (Agarol)	Pie fillings	cleared with egg
Croquettes	Macaroni	Pretzels	whites)
Custards	Macaroons	Puddings	
		Root beer	<i>*some brands are free of egg</i>

## Alternative to Eggs

“Egg replacers” are an alternative to eggs in baking. They are made from starch and leavening agents and are usually combined with water for use in home-baked products and with cake mixes.