

village health clinic

naturopathic medical & midwifery care

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.

Angel food cake	Dessert powders	Malted cocoa drinks	Salad dressings
Batters for frying	Doughnuts	Marshmallows	Sauces
Baking powders*	Dried eggs in prepared food	Meat jellies	Sausages
Bavarian cream	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*	Spanish creams
Candies (except hard candy)	Griddle cakes	Omelets	Sponge cakes
Coffee (if cleared with eggs)	Hamburger mix	Ovaltine	Tarter sauce
Consommés	Hollandaise sauce	Ovomalt	Timbales
Cookies*	Ice cream	Pancakes	Waffles
Creamed pies	Ices	Pastes	Wines (many cleared with egg whites)
Croquettes	Icings	Patties	
Custards	Laxative (Agarol)	Pie fillings	
	Macaroni	Pretzels	
	Macaroons	Puddings	
		Root beer	

**some brands are free of egg*

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.