

Item	Foods Allowed	Foods Not Allowed
Vegetables	<ul style="list-style-type: none"> All pure vegetables and their juices 	<ul style="list-style-type: none"> Vegetable dishes containing egg
Fruit	<ul style="list-style-type: none"> All pure fruits and their juices 	<ul style="list-style-type: none"> Orange Julius ® or orange juice fruit beverages
Salads	<ul style="list-style-type: none"> All salads without egg or egg containing ingredients (i.e. salad dressing) 	<ul style="list-style-type: none"> Salads containing egg Salad dressings containing egg *see list of other names for eggs
Grain Products	<ul style="list-style-type: none"> Bread, buns, baked goods made without egg French / Italian bread Egg-free baking mixes Egg-free pasta Plain cooked grains Plain oatmeal Ready to eat cereals made without egg Regular Cream of Wheat Soda crackers 	<ul style="list-style-type: none"> Baking mixes containing egg Cakes, bread, baked products with egg glaze Commercial or homemade baked goods made with egg (cakes, muffins, pancakes, waffles) Quick breads Commercial pasta (spaghetti, macaroni, egg noodles, etc.) Instant Cream of Wheat Instant and flavoured oatmeal
Milk & Alternatives	<ul style="list-style-type: none"> All egg free milk and alternatives 	<ul style="list-style-type: none"> Eggnog
Meat & Alternatives	<ul style="list-style-type: none"> All fresh, frozen, canned meats, poultry, fish All legumes (i.e. lentils, beans, peas) Plain peanut butter Plain tofu Plain nuts and seeds 	<ul style="list-style-type: none"> Egg as a binder/glaze, example: meatloaf, meatballs, hamburger, sausage, loaves, croquette made with egg Processed meats made with egg (hotdogs, salami) Imitation crab or lobster mixtures containing egg Eggs from all bird species Egg Beaters ® Legume dishes containing eggs Glazed or coated nuts Nuts/seeds in baked goods made with egg
Soups	<ul style="list-style-type: none"> All made without egg 	<ul style="list-style-type: none"> Consommé and bouillon cleared with egg white

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Oils & Fats (Limit fat intake to 2 – 3 Tbsp. per day)	<ul style="list-style-type: none"> • Butter, cream, sour cream • Gravy • Lard • Margarine • Meat drippings • Pure vegetable oils • Vegetable shortening 	<ul style="list-style-type: none"> • Real mayonnaise • Traditional Caesar salad dressing • Tartar sauce • Hollandaise sauce • Bearnaise sauce • Newburg sauce • Any sauces or salad dressings containing egg
Desserts & Sweets	<ul style="list-style-type: none"> • All desserts and sweets made without egg 	<ul style="list-style-type: none"> • Meringue, mousse, soufflé • Fruit whips • Confectionaries made with egg (fondants, marshmallows, nougat, pavlova) • Ice cream containing eggs • Custard, cream pies, puddings and some gelatin • Cakes, cookies and muffins made with egg (some mixes for these also contain egg) • Pie crusts made with egg
Fluids	<ul style="list-style-type: none"> • Fruit juice and drinks • Tea, herbal tea, coffee • Carbonated drinks except root beer 	<ul style="list-style-type: none"> • Root beer • Chocolate drinks (check label) • Wine • Ovaltine ®

References:

- Dietitians of Canada - Practice Based Evidence in Nutrition, 2012 (PEN)
- Visit [Food Allergy Canada](http://www.foodallergy.ca)

***Other Names for Eggs:**

Albumin/Albumen	Ovolactohydrolyze proteins
Conalbumin	Ovomacroglobulin
Egg substitutes such as Egg Beaters™	Ovomucin, ovomucoid
Eggnog	Ovotransferrin
Globulin	Ovovitellin
Livetin	Silico-albuminate
Lysozyme	Simplese® (fat replacer)
Meringue	Vitellin
Ovalbumin	
Ovoglobulin	