

Egg-Free Diet

Eating egg-free is easier than it may seem. Eggs and egg derivatives are in many different foods, but there are plenty of egg-free options out there. It's important to pay attention to the ingredients in the foods you eat. Eggs can take on many sneaky names.

Here are the ingredients to avoid:

- Albumin
- Apovitellin (contained in egg yolk)
- Dried egg solids
- Globulin
- Livetin (contained in egg yolk)
- Lysozyme (contained in egg white)
- Ovalbumin (contained in egg white)
- Ovoglobulin
- Ovomucin
- Ovomuroid (contained in egg white)
- Ovotransferrin (contained in egg white)
- Ovovitelia (contained in egg yolk)
- Ovovitellin (contained in egg yolk)
- Powdered eggs
- Silica albuminate
- Simplese (a fat replacement)
- Vitellin (contained in egg yolk)

There are several unassuming foods to watch out for that may contain eggs. **Here are some foods to watch out for:**

- Artificial crab meat
- Baked goods
- Baking mixes
- Battered foods
- Bread
- Breaded foods
- Breakfast foods
- Cake decorations
- Candy
- Chips
- Consommé
- Crackers
- Custard
- Egg substitutes
- Frosting
- Hollandaise
- Ice cream
- Lecithin
- Marshmallow
- Marzipan
- Mayonnaise
- Meatballs
- Meatloaf
- Meringue
- Nougat
- Pasta
- Pretzels
- Protein shakes
- Pudding
- Salad dressings
- Sorbet
- Souffle
- Soup
- Specialty coffee or cocktails
- Tortilla

These foods are not guaranteed to contain eggs, but they should be eaten with caution. Always make sure to check the ingredients. If you see “may contain: egg” on the ingredients list, it means that the food was probably processed on the same equipment as eggs and has been exposed to “cross-contamination”. This means that even though the product itself is free of eggs, it has come into contact with egg ingredients and is no longer egg-free. If a food contains egg it will most likely say “Contains: egg” under the ingredients list. This is not the same for all companies and just because it doesn’t say “Contains: egg”, it does not always mean that the product is egg-free. **Always read the ingredients to confirm.**

An easy way to eat egg-free is to purchase vegan foods. **Vegan food will contain no animal products, so that means no eggs!** Look out for the vegan certification on products to ensure the food is egg free.

Here are some egg substitutes recommended to us by patients that are completely egg free:

- Just Egg and Simply Eggless make an egg substitute that cooks and tastes like scrambled eggs. These are good for eating by themselves.
- The Vegg Vegan Egg Yolk is made to resemble the taste and texture of egg yolk.
- The Neat Egg and Ener-G Egg Replacer are great options for baking.
- Aquafaba is the whipped liquid from canned chickpeas or other white beans. This can often be used in cooking and baking.
- Flaxseed mixed with water can often replace an egg in baked goods.

There are more substitutes than the ones listed, but these are the ones that have been recommended to us by other patients.

Make sure you **always read the ingredients on all food products you buy.** You never know where eggs might be hiding.

If you are ever unsure of the egg-free status of any food or product, feel free to contact the company or manufacturer directly.

Google and Pinterest are great resources for finding egg-free recipes.

Look out for these symbols and symbols like them on packaging to indicate an egg-free status:



Helpful links:

<https://www.thepioneerwoman.com/food-cooking/cooking-tips-tutorials/g33584750/egg-substitute/>

<https://vegan.com/food/egg-replacer/>

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