

For an EGG-FREE DIET

Avoid foods with these ingredients:

albumin
egg (white, yolk dried, powdered,
solids)
egg substitutes
eggnog
globulin
livetin
lecithin
lysozyme (used in Europe)
mayonnaise
meringue
ovalbumin
ovomucin
ovomucoid
ovovitellin
Simplese
Note: A shiny glaze or yellow baked
goods usually indicate the presence of
eggs.

**For each egg, substitute one of the
following in recipes:**

- * 1 tsp baking powder, 1 Tbsp liquid, 1
Tbsp vinegar
- * 1 tsp yeast dissolved in 1/4 cup warm
water
- * 1 Tbsp of apricot puree
- * 1 1/2 Tbsp water, 1 1/2 Tbsp oil, 1 tsp
baking powder
- * 1 packet plain gelatin, 2 Tbsp warm
water. Do not mix until ready to use.

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