

The following foods usually contain eggs and should be avoided on an egg - free diet.

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

*Some brands are free of egg.