

Baked Egg Guidance :

Consume baked egg 2-4 times per week

Foods that are ok to consume: Store bought baked products with egg listed as the 4th or more ingredient (egg listed as the 1,2 or 3rd ingredient is not allowed)

Homemade goods baked with 1 egg per 1 cup of flour or 1-2 eggs per batch of a recipe baked at >350 degrees F for at least 30 minutes.

STRICTLY AVOID:

***Mayonnaise**

***Creamy Salad Dressings (Caesar, ranch, blue cheese, thousand island, ect)**

***Eggnog**

***Meringue/Meringue powder**

***Ice creams containing eggs**

***Hollandaise/Bernaise Sauce**

***Souffle**

***Quiche**

***Deviled foods (deviled eggs)**

***Marshmallow cream**

***Eclairs, custard, mousse, or whipped desserts containing eggs**

***Bavarian cream, fondants, nougats, frosting or icings or other candies containing eggs**

***Angel food cakes**

***Health drinks or Orange Julius drinks made with eggs**

***Scrambled eggs, hardboiled, poached eggs**

***French toast, waffles (if egg is the 1st or 2nd ingredient), pancakes (if egg is the *1st or second ingredient)**

***Boiled noodles made with eggs**

***Foods breaded with eggs like chicken nuggets or other fried foods (unless reheated at >350 degrees for greater than 30 minutes)**

***Breads with egg wash**