



Egg Allergy

Dining Services, at Pennsylvania College of Technology, is happy to assist those individuals who need to avoid eggs due to an egg allergy. A manager at each of our dining units is available to answer any questions you may have. Our Recipe/Ingredient Guide is also available on line at www.pct.edu/dining/ingredients, to assist you by listing the ingredients in our recipes. You may search for foods by name, category they are in (for example, soups, desserts, salads, etc.), the ingredient they contain, or any combination of these.

It is possible formulations change from our manufacturers, so if you are in doubt about a food, please do not hesitate to ask a manager.

Our department also offers nutrition counseling with a Registered Dietitian by appointment. If you would like to set up an appointment with the campus dietitian, Sharon Berger, RD LDN, please call (570) 327-4767 option 8.

If you have a medical condition linked with a food allergy or intolerance, it is recommended you set up an appointment with Student Health Services at (570) 327-7224.

Below are some helpful guidelines to keep in mind about avoiding eggs:

- Eggs are found in a wide variety of foods such as: baked goods, pastries, custards, ice cream, frozen yogurt, grain products, and some ethnic foods.
- Avoid eggs in the dining units as liquid, pasteurized eggs are used as well as fresh eggs.
- Be careful of egg whites such as those used for rolls, pies, cakes, breads, and pretzels. Egg whites give these foods a shiny appearance; if in doubt, please ask a manager.
- Some deep fried battered foods contain eggs. Avoid deep fried foods as traces of the egg may be in the fryer oil and may cling to other foods in the same fryer.
- Egg rolls, egg noodles, mayonnaise, meringue, pudding, and soufflés, and tartar sauce contain eggs.

The following is a list of foods/ingredients (keep in mind this is not a complete list) to avoid with an egg allergy:

Albumin

Batter

Batter/breaded foods

Cake

Cookies

Custard

Eggs, eggnog, egg rolls, egg noodles, egg whites, egg yolks

Globulin

Lecithin

Livetin

Ice cream, mayonnaise, frozen yogurt, soufflés, meringue, marzipan, pudding, tartar sauce

Ovalbumin, ovomucoid/ovamucin, ovovitellin/vitellin, apovitellenin

Powdered or liquid eggs

Phosvitin

Quiche

Simplese (fat substitute)

Food manufacturers may change their product ingredients without Pennsylvania College of Technology's knowledge. The College will assume no liability for any adverse reactions that may occur in any of the dining units.