



Hen's Egg White Equivalent 300 mg Egg White Protein

Consume one of these foods every day. The amount listed is the MINIMUM amount to eat [^] .		Amount to Eat
<p>Hen's Egg, Large Label states: 1 large egg = 6g protein</p>		<p>1/12th egg* *See diagram on page 2 Note: this serving size is based on egg white protein, not whole egg protein</p>
<p>Meringue Cookie Label states: 4 cookies = 1g protein</p> <p><i>E.g. Brand: Trader Joe's Vanilla Meringue Cookie</i></p>		<p>1 cookie</p>
<p>Egg Beaters Egg Whites Label states: 3 Tbsp (46g) = 5g protein</p>		<p>1/2 teaspoon, measured then cooked</p>
<p>OvaEasy Egg White Protein Unflavored Label states: 2 scoops (30g) = 24g protein</p>		<p>1/8th teaspoon</p>

[^] Many ingredients contribute to the total protein content of a food. The amount to eat is based on the specific allergen protein content and not the total protein content.

Read

- Read product labels every time you purchase an item. Ingredients and precautionary labeling may change at any time. Please inform the study staff if you notice any label changes in the products listed.

Avoid

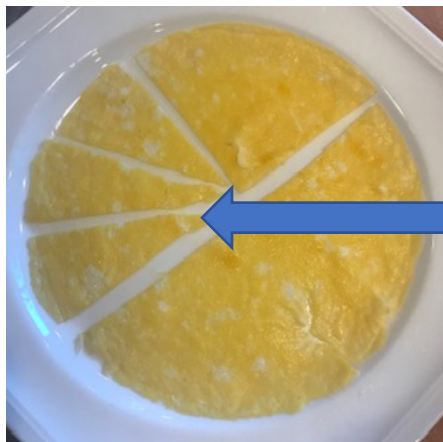
- Continue to read product labels (ingredients, contains statements, and precautionary allergen labels) to avoid any additional allergens.

Hen's Egg White Equivalent 300 mg Egg White Protein

Serving Suggestions

- You may eat your egg serving raw-pasteurized, cooked on the stove or in the microwave, or baked in the oven.
- Egg portion may be served scrambled, boiled, poached, fried, in omelets or quiche, in French toast or pancakes, in meatballs, meat cutlets, pasta sauces, egg mixed in salad, egg drop soup, or in baked goods. If the taste of a whole egg is too strong, use just the egg white, which has a mild flavor.

*Dividing an egg



1/12th of one large egg

Reading a Food Label

If you choose a product other than the examples provided, check the ingredients, serving size, and grams of protein to ensure they match the chart above. For example, here is the large egg label:

Nutrition Facts	
12 servings per container	
Serving Size 1 large egg (50g)	
Amount per Serving	
Calories	70
% Daily Value	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 185mg	62%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	12%





If you have any questions about the appropriateness of a product, contact the study team.

Hen's Egg White Equivalent 300 mg Egg White Protein

You May Also Eat

- You may eat products labeled with egg precautionary allergen labeling, if they do not contain any of your other allergens. Example labels include, “May contain egg” or “Manufactured in a facility that also processes egg.”
- You may also eat dried egg noodles made with egg yolks only (not whole eggs or egg whites). For example, Pennsylvania Dutch Extra Wide Egg Noodles. Egg noodles with egg yolk only do not count toward your minimum daily serving.
- You may eat a limited number of commercially baked products with egg as a minor ingredient in baked goods.

You may have one serving per day of the following foods if desired, **in addition to your minimum** amount to eat. The foods on this list do not contain significant egg protein and are not sufficient to meet your minimum daily serving.

<p style="text-align: center;">Stella Dora Roman Egg Biscuits (W,S)</p>	 <p style="text-align: right;">1 cookie</p>
<p style="text-align: center;">Udi's Gluten Free Bread (soft white or whole grain)</p>	 <p style="text-align: right;">2 slices</p>
<p style="text-align: center;">Pillsbury Sugar cookies (refrigerator cookie dough 16.5-ounce <i>tube</i>) (W)</p>	 <p style="text-align: right;">2 cookies</p>
<p style="text-align: center;">Nabisco Nilla Wafers (W, M)</p>	 <p style="text-align: right;">8 wafers</p>

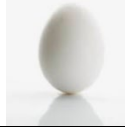



W = contains wheat; S = contains soy; M= contains milk

Hen's Egg White Equivalent
300 mg Egg White Protein

Instructions for the additional baked foods with egg as a minor ingredient:

- Please see the nutrition facts label for the serving size allowed.
- Some products listed contain wheat (W), soy (S), milk (M) or other allergens.
- Continue to read product labels (ingredients, contains statements, and precautionary allergen labels) to avoid any additional allergens.
- The most current and up-to-date information will be on the package label.

Hen's Egg White Equivalent
600 mg Egg White Protein

Consume one of these foods every day. The amount listed is the MAXIMUM amount to eat [^] .		Amount to Eat
<p>Hen's Egg, Large Label states: 1 large egg = 6g protein</p>		<p>1/6th egg* *See diagram on page 2 Note: This serving size is based on egg white protein, not whole egg protein.</p>
<p>Meringue Cookie Label states: 4 cookies = 1g protein</p> <p><i>E.g. Brand:</i> <i>Trader Joe's Vanilla Meringue Cookie</i></p>		<p>2 cookies</p>
<p>Egg Beaters Egg Whites Label states: 3 Tbsp (46g) = 5g protein</p>		<p>1 teaspoon, measured then cooked</p>
<p>OvaEasy Egg White Protein Unflavored Label states: 2 scoops (30g) = 24g protein</p>		<p>1/4 teaspoon</p>

[^] Many ingredients contribute to the total protein content of a food. The amount to eat is based on the specific allergen protein content and not the total protein content.

Read

- Read product labels every time you purchase an item. Ingredients and precautionary labeling may change at any time. Please inform the study staff if you notice any label changes in the products listed.

Avoid

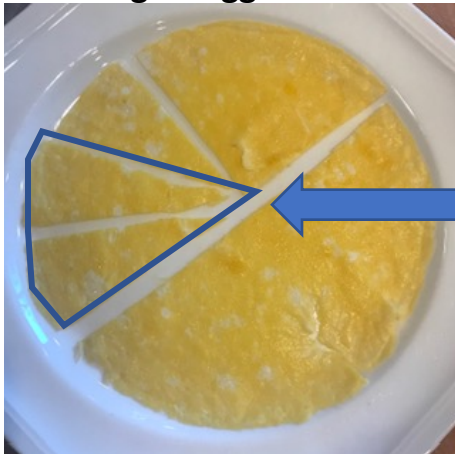
- Continue to read product labels (ingredients, contains statements, and precautionary allergen labels) to avoid any additional allergens.

Hen's Egg White Equivalent 600 mg Egg White Protein

Serving Suggestions

- You may eat your egg serving raw-pasteurized, cooked on the stove or in the microwave, or baked in the oven.
- Egg portion may be served scrambled, boiled, poached, fried, in omelets or quiche, in French toast or pancakes, in meatballs, meat cutlets, pasta sauces, egg mixed in salad, egg drop soup, or in baked goods. If the taste of a whole egg is too strong, use just the egg white, which has a mild flavor.

*Dividing an egg



1/6th of one large egg
(2/12^{ths} from this
picture)

Reading a Food Label

- If you choose a product other than the examples provided, check the ingredients, serving size, and grams of protein to ensure they match the chart above. For example, here is the large egg label:

Nutrition Facts	
12 servings per container	
Serving Size 1 large egg (50g)	
Amount per Serving	
Calories	70
% Daily Value	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 185mg	62%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	12%





If you have any questions about the appropriateness of a product, contact the study team.

Hen's Egg White Equivalent 600 mg Egg White Protein

You May Also Eat

- You may eat products labeled with egg precautionary allergen labeling, if they do not contain any of your other allergens. Example labels include, “May contain egg” or “Manufactured in a facility that also processes egg.”
- You may also eat dried egg noodles made with egg yolks only (not whole eggs or egg whites). For example, Pennsylvania Dutch Extra Wide Egg Noodles. Egg noodles with egg yolk only do not count toward your minimum daily serving.
- You may eat a limited number of commercially baked products with egg as a minor ingredient in baked goods.

You may have one to two servings per day of the following foods if desired, in **addition to your minimum** amount to eat. The foods on this list do not contain significant egg protein and are not sufficient to meet your minimum daily serving.

Stella Dora Roman Egg Biscuits (W,S)	 <p style="text-align: right;">1 cookie</p>
Udi's Gluten Free Bread (soft white or whole grain)	 <p style="text-align: right;">2 slices</p>
Pillsbury Sugar cookies (refrigerator cookie dough 16 and ½ ounce tube) (W)	 <p style="text-align: right;">2 cookies</p>
Nabisco Nilla Wafers (W, M)	 <p style="text-align: right;">8 wafers</p>





W = contains wheat; S = contains soy; M= contains milk

**Hen's Egg White Equivalent
600 mg Egg White Protein**

Instructions for the additional baked foods with egg as a minor ingredient:

- Please see the nutrition facts label for the serving size allowed.
- Some products listed contain wheat (W), soy (S), milk (M) or other allergens.
- Continue to read product labels (ingredients, contains statements, and precautionary allergen labels) to avoid any additional allergens.
- The most current and up-to-date information will be on the package label.

**Hen's Egg White Equivalent
1000 mg Egg White Protein**

Consume one of these foods every day. The amount listed is the MAXIMUM amount to eat [^] .		Amount to Eat
<p>Hen's Egg, Large Label states: 1 large egg = 6g protein</p>		<p>¼ egg* *See diagram on page 2 Note: This serving size is based on egg white protein, not whole egg protein.</p>
<p>Meringue Cookie Label states: 4 cookies = 1g protein</p> <p><i>E.g. Brand: Trader Joe's Vanilla Meringue Cookie</i></p>		<p>4 cookies</p>
<p>Egg Beaters Egg Whites Label states: 3 Tbsp (46g) = 5g protein</p>		<p>2 teaspoons, measured then cooked</p>
<p>OvaEasy Egg White Protein Unflavored Label states: 2 scoops (30g) = 24g protein</p>		<p>½ teaspoon</p>

[^] Many ingredients contribute to the total protein content of a food. The amount to eat is based on the specific allergen protein content and not the total protein content.

Read

- Read product labels every time you purchase an item. Ingredients and precautionary labeling may change at any time. Please inform the study staff if you notice any label changes in the products listed.

Hen's Egg White Equivalent 1000 mg Egg White Protein

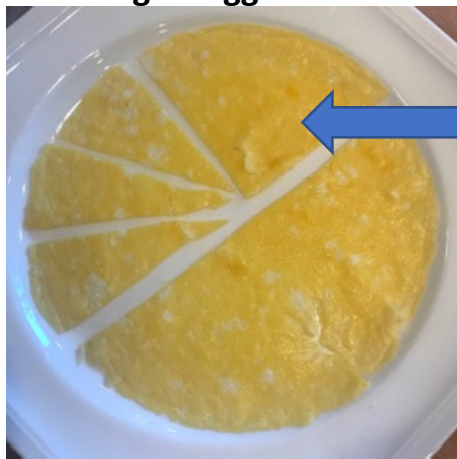
Avoid

- Continue to read product labels (ingredients, contains statements, and precautionary allergen labels) to avoid any additional allergens.

Serving Suggestions

- You may eat your egg serving raw-pasteurized, cooked on the stove or in the microwave, or baked in the oven.
- Egg portion may be served scrambled, boiled, poached, fried, in omelets or quiche, in French toast or pancakes, in meatballs, meat cutlets, pasta sauces, egg mixed in salad, egg drop soup, or in baked goods. If the taste of a whole egg is too strong, use just the egg white, which has a mild flavor.

*Dividing an egg



1/4th of one large egg

Reading a Food Label

- If you choose a product other than the examples provided, check the ingredients, serving size, and grams of protein to ensure they match the chart above. For example, here is the large egg label:

Nutrition Facts	
12 servings per container	
Serving Size 1 large egg (50g)	
Amount per Serving	
Calories	70
% Daily Value	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 185mg	62%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	12%

If you have any questions about the appropriateness of a product, contact the study team.

**Hen's Egg White Equivalent
1000 mg Egg White Protein**

You May Also Eat

- You may eat products labeled with egg precautionary allergen labeling, if they do not contain any of your other allergens. Example labels include, “May contain egg” or “Manufactured in a facility that also processes egg.”
- You may also eat dried egg noodles made with egg yolks only (not whole eggs or egg whites). For example, Pennsylvania Dutch Extra Wide Egg Noodles. Egg noodles with egg yolk only do not count toward your minimum daily serving.
- You may eat a limited number of commercially baked products with egg as a minor ingredient in baked goods.

You may have one to two servings per day of the following foods if desired, in addition to your minimum amount to eat. The foods on this list do not contain significant egg protein and are not sufficient to meet your minimum daily serving.

Stella Dora Roman Egg Biscuits (W,S)	 <p align="right">1 cookie</p>
Udi's Gluten Free Bread (soft white or whole grain)	 <p align="right">2 slices</p>
Pillsbury Sugar cookies (refrigerator cookie dough 16 and ½ -ounce tube) (W)	 <p align="right">2 cookies</p>
Nabisco Nilla Wafers (W, M)	 <p align="right">8 Wafers</p>

W = contains wheat; S = contains soy; M= contains milk

Instructions for the additional baked foods with egg as a minor ingredient:

Hen's Egg White Equivalent
1000 mg Egg White Protein

- Please see the nutrition facts label for the serving size allowed.
- Some products listed contain wheat (W), soy (S) milk (M) or other allergens.
- Continue to read product labels (ingredients, contains statements, and precautionary allergen labels) to avoid any additional allergens.
- The most current and up-to-date information will be on the package label.

Hen's Egg White Equivalent 2000 mg Egg White Protein

Consume one of these foods every day. The amount listed is the MAXIMUM amount to eat [^] .		Amount to Eat
<p>Hen's Egg, Large Label states: 1 large egg = 6g protein</p>		<p>1/2 egg* *See diagram on page 2 Note: This serving size is based on egg white protein, not whole egg protein.</p>
<p>Meringue Cookie Label states: 4 cookies = 1g protein</p> <p><i>E.g. Brand:</i> <i>Trader Joe's Vanilla Meringue Cookie</i></p>		<p>8 cookies</p>
<p>Egg Beaters Egg Whites Label states: 3 Tbsp (46g) = 5g protein</p>		<p>1 Tablespoon plus ¾ teaspoons, measured then cooked</p>
<p>OvaEasy Egg White Protein Unflavored Label states: 2 scoops (30g) = 24g protein</p>		<p>1 teaspoon</p>

[^] Many ingredients contribute to the total protein content of a food. The amount to eat is based on the specific allergen protein content and not the total protein content.

Read

- Read product labels every time you purchase an item. Ingredients and precautionary labeling may change at any time. Please inform the study staff if you notice any label changes in the products listed.

Avoid

- Continue to read product labels (ingredients, contains statements, and precautionary allergen labels) to avoid any additional allergens.

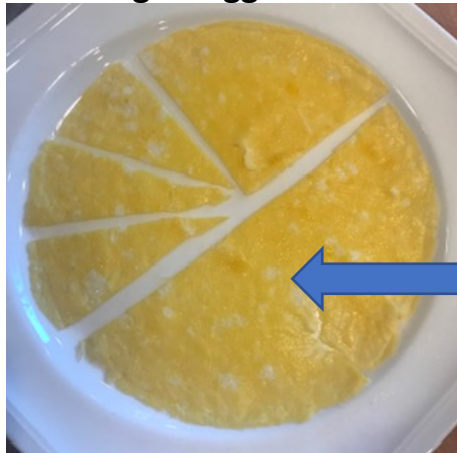
Serving Suggestions

- You may eat your egg serving raw-pasteurized, cooked on the stove or in the microwave, or baked in the oven.

Hen's Egg White Equivalent 2000 mg Egg White Protein

- Egg portion may be served scrambled, boiled, poached, fried, in omelets or quiche, in French toast or pancakes, in meatballs, meat cutlets, pasta sauces, egg mixed in salad, egg drop soup, or in baked goods. If the taste of a whole egg is too strong, use just the egg white, which has a mild flavor.
- Use a variety of foods to meet your daily serving goals. Choosing only candy, sweet spreads, cookies, and other “treats” is not appropriate to meet serving goals at higher serving sizes. When you eat these foods, eat them as a portion of your daily serving. Choose healthier options as much as possible.

*Dividing an egg



1/2 of one large egg

Reading a Food Label

- If you choose a product other than the examples provided, check the ingredients, serving size, and grams of protein to ensure they match the chart above. For example, here is the large egg label:

Nutrition Facts	
12 servings per container	
Serving Size 1 large egg (50g)	
Amount per Serving	
Calories	70
	% Daily Value
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 185mg	62%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	12%

Hen's Egg White Equivalent 2000 mg Egg White Protein

If you have any questions about the appropriateness of a product, contact the study team.

You May Also Eat

- You may eat products labeled with egg precautionary allergen labeling, if they do not contain any of your other allergens. Example labels include, "May contain egg" or "Manufactured in a facility that also processes egg."
- You may also eat dried egg noodles made with egg yolks only (not whole eggs or egg whites). For example, Pennsylvania Dutch Extra Wide Egg Noodles. Egg noodles with egg yolk only do not count toward your minimum daily serving.
- You may eat unlimited commercially baked products with egg as a minor ingredient in baked goods.

Commercially baked products

Commercially baked products with egg as a minor ingredient can be eaten freely, in addition to the daily unheated, heated, and home-baked egg serving.

All "commercially baked items" must **meet this DEFINITION**:

- They must contain egg as the third ingredient or further down on the ingredient list.
- They must contain a grain ingredient (wheat flour or gluten-free flour) and be fully baked in the oven to form a dry crumb, baked-good texture.
- Examples include: muffin, cookie, cracker, bread, or roll.

The following items **do NOT meet this definition** of allowed "commercially baked items":

- Baked products with egg listed as first or second ingredient
- Egg noodles
- French toast, pancake, and homemade waffles-these contain "cooked" egg ingredients
- Frosting or fillings containing egg- the cake, muffin, or cookie is baked but the frosting or filling is not
- Quiche, custard, lasagna, or egg containing casseroles-these do not have a grain matrix and do not result in a dry crumb, baked-good texture
- Egg cooked in meatballs or chicken cutlets/chicken fingers- even if baked in the oven
- Products with egg wash (like on challah bread)

Hen's Egg White Equivalent
4000 mg Egg White Protein

Consume one of these foods every day. The amount listed is the MAXIMUM amount to eat [^] .		Amount to Eat
<p>Hen's Egg, Large Label states: 1 large egg = 6g protein</p>		<p>1 egg</p> <p>Note: This serving size is based on egg white protein, not whole egg protein.</p>
<p>Meringue Cookie Label states: 4 cookies = 1g protein</p> <p><i>E.g. Brand:</i> <i>Trader Joe's Vanilla Meringue Cookie</i></p>		<p>16 cookies</p>
<p>Egg Beaters Egg Whites Label states: 3 Tbsp (46g) = 5g protein</p>		<p>2 Tablespoons plus 1 teaspoon, measured then cooked</p>
<p>OvaEasy Egg White Protein Unflavored Label states: 2 scoops (30g) = 24g protein</p>		<p>1 and ¾ teaspoon</p>

[^] Many ingredients contribute to the total protein content of a food. The amount to eat is based on the specific allergen protein content and not the total protein content.

Read

- Read product labels every time you purchase an item. Ingredients and precautionary labeling may change at any time. Please inform the study staff if you notice any label changes in the products listed.

Avoid

- Continue to read product labels (ingredients, contains statements, and precautionary allergen labels) to avoid any additional allergens.

Hen's Egg White Equivalent 4000 mg Egg White Protein

Serving Suggestions

- You may eat your egg serving raw-pasteurized, cooked on the stove or in the microwave, or baked in the oven.
- Egg portion may be served scrambled, boiled, poached, fried, in omelets or quiche, in French toast or pancakes, in meatballs, meat cutlets, pasta sauces, egg mixed in salad, egg drop soup, or in baked goods. If the taste of a whole egg is too strong, use just the egg white, which has a mild flavor.
- Use a variety of foods to meet your daily serving goals. Choosing only candy, sweet spreads, cookies, and other “treats” is not appropriate to meet serving goals at higher serving sizes. When you eat these foods, eat them as a portion of your daily serving. Choose healthier options as much as possible

Reading a Food Label

- If you choose a product other than the examples provided, check the ingredients, serving size, and grams of protein to ensure they match the chart above. For example, here is the large egg label:

Nutrition Facts	
1.2 servings per container	
Serving Size 1 large egg (50g)	
Amount per Serving	
Calories	70
% Daily Value	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 185mg	62%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	12%

If you have any questions about the appropriateness of a product, contact the study team.

Hen's Egg White Equivalent 4000 mg Egg White Protein

You May Also Eat

- You may eat products labeled with egg precautionary allergen labeling, if they do not contain any of your other allergens. Example labels include, "May contain egg" or "Manufactured in a facility that also processes egg."
- You may also eat dried egg noodles made with egg yolks only (not whole eggs or egg whites). For example, Pennsylvania Dutch Extra Wide Egg Noodles. Egg noodles with egg yolk only do not count toward your minimum daily serving.
- You may also eat mayonnaise. Mayonnaise does not count towards your minimum
- You may eat unlimited commercially baked products with egg as a minor ingredient in baked goods.

Commercially baked products

Commercially baked products with egg as a minor ingredient can be eaten freely, in addition to the daily unheated, heated, and home-baked egg serving.

All "commercially baked items" must **meet this DEFINITION**:

- They must contain egg as the third ingredient or further down on the ingredient list.
- They must contain a grain ingredient (wheat flour or gluten-free flour) and be fully baked in the oven to form a dry crumb, baked-good texture.
- Examples include: muffin, cookie, cracker, bread, or roll.

The following items **do NOT meet this definition** of allowed "commercially baked items":

- Baked products with egg listed as first or second ingredient
- Egg noodles
- French toast, pancake, and homemade waffles-these contain "cooked" egg ingredients
- Frosting or fillings containing egg- the cake, muffin, or cookie is baked but the frosting or filling is not
- Quiche, custard, lasagna, or egg containing casseroles-these do not have a grain matrix and do not result in a dry crumb, baked-good texture
- Egg cooked in meatballs or chicken cutlets/chicken fingers- even if baked in the oven
- Products with egg wash (like on challah bread)

**Hen's Egg White Equivalent
6000 mg Egg White Protein**

Consume one of these foods every day. The amount listed is the MAXIMUM amount to eat [^] .		Amount to Eat
<p>Hen's Egg, Large Label states: 1 large egg = 6g protein</p>		<p>1 and 2/3 egg</p> <p>Note: This serving size is based on egg white protein, not whole egg protein.</p>
<p>Hen's Egg, Extra Large Label states: 1 extra large egg = 7g protein</p>		<p>1 and 1/2 egg</p> <p>Note: This serving size is based on egg white protein, not whole egg protein.</p>
<p>Meringue Cookie Label states: 4 cookies = 1g protein</p> <p><i>E.g. Brand: Trader Joe's Vanilla Meringue Cookie</i></p>		<p>24 cookies</p>
<p>Egg Beaters Egg Whites Label states: 3 Tbsp (46g) = 5g protein</p>		<p>3 Tablespoons plus 1 and 3/4 teaspoons, measured then cooked</p>
<p>OvaEasy Egg White Protein Unflavored Label states: 2 scoops (30g) = 24g protein</p>		<p>2 and 2/3 teaspoons</p>

[^] Many ingredients contribute to the total protein content of a food. The amount to eat is based on the specific allergen protein content and not the total protein content.

Hen's Egg White Equivalent 6000 mg Egg White Protein

Read

- Read product labels every time you purchase an item. Ingredients and precautionary labeling may change at any time. Please inform the study staff if you notice any label changes in the products listed.

Avoid

- Continue to read product labels (ingredients, contains statements, and precautionary allergen labels) to avoid any additional allergens.

Serving Suggestions

- You may eat your egg serving raw-pasteurized, cooked on the stove or in the microwave, or baked in the oven.
- Egg portion may be served scrambled, boiled, poached, fried, in omelets or quiche, in French toast or pancakes, in meatballs, meat cutlets, pasta sauces, egg mixed in salad, egg drop soup, or in baked goods. If the taste of a whole egg is too strong, use just the egg white, which has a mild flavor.
- Use a variety of foods to meet your daily serving goals. Choosing only candy, sweet spreads, cookies, and other “treats” is not appropriate to meet serving goals at higher serving sizes. When you eat these foods, eat them as a portion of your daily serving. Choose healthier options as much as possible

Reading a Food Label

- If you choose a product other than the examples provided, check the ingredients, serving size, and grams of protein to ensure they match the chart above. For example, here is the large egg label:

Nutrition Facts	
12 servings per container	
Serving Size 1 large egg (50g)	
Amount per Serving	
Calories	70
% Daily Value	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 185mg	62%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	12%

If you have any questions about the appropriateness of a product, contact the study team.

Hen's Egg White Equivalent 6000 mg Egg White Protein

You May Also Eat

- You may eat products labeled with egg precautionary allergen labeling, if they do not contain any of your other allergens. Example labels include, "May contain egg" or "Manufactured in a facility that also processes egg."
- You may also eat dried egg noodles made with egg yolks only (not whole eggs or egg whites). For example, Pennsylvania Dutch Extra Wide Egg Noodles. Egg noodles with egg yolk only do not count toward your minimum daily serving.
- You may also eat mayonnaise. Mayonnaise does not count towards your minimum
- You may eat unlimited commercially baked products with egg as a minor ingredient in baked goods.

Commercially baked products

Commercially baked products with egg as a minor ingredient can be eaten freely, in addition to the daily unheated, heated, and home-baked egg serving.

All "commercially baked items" must **meet this DEFINITION**:

- They must contain egg as the third ingredient or further down on the ingredient list.
- They must contain a grain ingredient (wheat flour or gluten-free flour) and be fully baked in the oven to form a dry crumb, baked-good texture.
- Examples include: muffin, cookie, cracker, bread, or roll.

The following items **do NOT meet this definition** of allowed "commercially baked items":

- Baked products with egg listed as first or second ingredient
- Egg noodles
- French toast, pancake, and homemade waffles-these contain "cooked" egg ingredients
- Frosting or fillings containing egg- the cake, muffin, or cookie is baked but the frosting or filling is not
- Quiche, custard, lasagna, or egg containing casseroles-these do not have a grain matrix and do not result in a dry crumb, baked-good texture
- Egg cooked in meatballs or chicken cutlets/chicken fingers- even if baked in the oven
- Products with egg wash (like on challah bread)