Following the Mediterranean diet without eggs

Use these steps from the article to follow an egg-free Mediterranean diet safely.

- [ ] Build meals on vegetables, beans, whole grains, fish, nuts and olive oil.
- [ ] Swap scrambled eggs for tofu scrambled with spinach and tomato.
- [ ] Use a flax egg or aquafaba in place of eggs in baking.
- [ ] Get choline from fish, poultry, dairy and beans.
- [ ] Plan a vitamin B12 source when following a vegan egg-free diet.
- [ ] Check labels for albumin, ovomucoid, lysozyme, meringue and surimi.
- [ ] Try baked egg with a child only on an allergist's advice.
- [ ] Ask a doctor about yellow fever vaccination when you have an egg allergy.
- [ ] Speak to a doctor before removing eggs from a child's diet.
- [ ] Call emergency services for trouble breathing or throat swelling after egg.

Notes

For general education only. Not a substitute for professional medical advice.