

Egg Allergy

Background Information:

The allergic component of egg is probably the ovomucoid in the egg white. Only rare cases of allergy to egg yolk have been documented. The egg white albumin has a peculiar ability to stimulate mast cells to release histamine. These unusual allergenic properties make it a potent source of GI allergic symptoms. Egg whites are one of the most common foods causing allergy symptoms in people. Symptoms may include: joint pain, chronic or recurrent URIs, acne, hives, asthma, migraines, diarrhea, and gallbladder flare-ups. GI disturbances, particularly diarrhea, could very well be due to lactose intolerance, lack of fiber in the diet, or sorbitol intolerance (sugar-free gum), and these causes should be ruled out.

Egg White protein content of HMR® Shakes, Soup and Entrees

Product	% of Protein	Grams of Protein in one serving	Comparison to one large egg or 6.2 gms.
HMR 500 Chocolate	1 %	0.1 gm	less than 1/10 th
HMR 500 Vanilla	1 %	0.1 gm	less than 1/10 th
HMR 500 Chicken Soup	0%	Zero	Zero
HMR 70 Plus Chocolate	28 %	3.9 gm	Approx. 6/10
HMR 70 Plus Vanilla	30 %	4.2 gm	Approx. 2/3
HMR 800 Chocolate	4 %	0.64 gm	less than 1/10 th
HMR 800 Vanilla	5 %	0.80 gm	less than 2/10
HMR 120 Chocolate/Vanilla	9%	1 gm	Approx. 1/6 th

HMR Entrees:

The pasta entrees contain approximately 1-2 gm of egg protein per serving. See the entree ingredients listing for details whether an entree product contains whole eggs or egg whites only.