Reduction of Egg Allergy Through Fermentation
Justina Zhang, Michael Gaenzle, Jianping Wu
University of Alberta

Did you know...?
- Eggs are one of the most common causes of food allergies
- Egg whites contain more allergens than egg yolk
- They are used in a variety of processed foods such as cake, cookies, bread, sauces, mayonnaise and pasta
- Approximately 7% of children under the age of three are affected by egg allergies (1)
- Most children will grow out of these allergies but some individuals still remain severely allergic

How do allergic reactions work?
- Hypersensitivity reaction in the immune system
- Our immune system responds to this by producing antibodies
- These antibodies trigger the release of a chemical: histamine
- Histamine causes the allergic reaction that we all know

Common symptoms include: asthma, eczema, hives, sneezing, anaphylactic shock


The Experiment!
Goal: Develop a fermented product containing egg with reduced allergenicity.
Sourdough: a mixture of flour and water containing a lactobacillus culture.

Did it work?
✓ Bacterial Growth?
✓ Changes in egg proteins?
✓ Reduced allergenicity?

Future work: Determine allergenicity of baked sourdough bread.

Ultimate Goal: Develop a novel technique for reduction of egg white allergens to produce a hypoallergenic egg product.