

How do I introduce egg into my child's diet? The 'egg ladder'

Information for patients of children with an egg allergy

Introduction

A member of the allergy team has recommended that you begin to introduce egg into your child's diet. This may be because your child has successfully completed an egg challenge in hospital and has not shown any signs of an allergic reaction to egg, or allergy testing suggests this will be safe to do at home.

Egg is found in the diet in a variety of different forms. Small amounts of well-cooked egg in manufactured foods are less likely to cause an allergic reaction. If your child has grown out of their egg allergy completely, they may also be able to eat loosely cooked egg or food containing raw egg.

The table on the next page shows examples of foods containing baked traces of egg (stage 1), well cooked egg (stage 2) and raw/partially cooked egg (stage 3). Stage 1 egg is the least allergic form of egg and stage 3 the most allergic form. **If your child has passed a baked egg (cake/muffin) challenge either at home or in hospital, you should try and give them other products in stage 1. Regular intake of these foods may help your child to outgrow their egg allergy quicker.** Well-cooked (hard boiled) egg is the first food introduced in stage 2, and sometimes introduced in hospital, but depending on your child's allergy testing and previous tolerance of other products in stage 1, you may be introducing this at home, and then after this, continue to give your child well cooked egg for 2-3 months before progressing to the other products in this column. Children who have had previous anaphylaxis to egg will usually need to have a raw egg challenge in hospital after a time period following a successful cooked egg challenge.

If at any stage your child has an allergic reaction, treat according to your management/treatment plan and then continue to give egg in the form that was previously tolerated, unless told otherwise by health professionals.

Please also be aware that the quantity of egg, the temperature and length of cooking can all affect the classification of the stages 1, 2 and 3.

Raw or undercooked egg is more likely to cause a reaction than well-cooked egg. It is possible to react to raw or undercooked egg even if a softly cooked whole egg has been previously tolerated.

The Egg Ladder

Stage 1 Baked traces of egg	Stage 2 Well-cooked egg	Stage 3 Loosely-cooked/Raw egg
Cakes, muffins and fairy cakes	Hard boiled egg	Egg in prawn crackers
Biscuits	Homemade pancakes and Yorkshire pudding	Meringue, French toast, crème brulee, crème caramel
Dried egg pasta	Well-cooked quiche, waffles or brownie	Fried/soft-boiled egg, lightly cooked omelette or scrambled egg,
Manufactured processed pancakes, croissants, brioche and waffles	Well cooked scrambled egg or omelette	Homemade fresh egg pasta
Egg glaze on pastry	Cooked batter/tempura/breadcrumbs	Some chocolate bars: Milky Way®, Snickers®, Crème Egg®, Chewits®, Marshmallow Fluff®
Sponge fingers and cake	Fresh egg pasta/noodles	Sauces: mayonnaise/salad cream, hollandaise, horseradish or tartar sauces
Textured vegetable protein meat alternative (eg Quorn)	Well-cooked processed meat/burger/sausage	Desserts: mousse, some ice cream / sorbet, mousse, royal icing, raw cake mixture
Chewitt sweets		
Egg in some gravy granules		
Egg in some cheeses		
Pre-cooked Yorkshire pudding		
Pre-packaged frozen breaded fish/meat/chicken		

Tips for introducing egg

- Start at the stage recommended by your team
- Give your child a small amount (e.g. a bite) of the food containing egg
- If there is no reaction, gradually increase the quantity of this food until your child can tolerate a portion that is appropriate for their age
- Repeat this process for other foods containing egg within the stage that has been recommended for your child

If your child has a reaction, please refer to your management plan for the treatment of the reaction.

- If your child reacts then step down to the last type of food that your child tolerated and discuss this with your allergy team
- The allergy team will advise you on a suitable time period for this reintroduction
- It is common for children who have been avoiding egg to have a dislike of egg and foods that contain egg even when they have outgrown their allergy
- There are foods that contain egg but the egg cannot be tasted (e.g. cakes, chocolates and nuggets). These would be easy foods to try and will help your child have more variety in their diet
- If you are experiencing difficulties introducing egg into your child's diet, please contact your dietitian.

If your child is not being seen by a Paediatric Dietitian please ask for a referral to be made by the person who gave you this leaflet or your child's GP.

In an emergency please contact your GP or local Emergency Department.

Who should I contact if I have a problem or question?

Call Allergy/Respiratory nurses on 01895 279721 - leave a message and we will get back to you.

What should I do in case of an emergency?

Seek urgent medical advice or call an ambulance for emergencies.

Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format.

Please contact: 01895 279973

Fadlan waydii haddii aad warbixintan ku rabto luqad ama hab kale. Fadlan la xidhiidh
01895 279 973

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਰੂਪ ਵਿੱਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕ੍ਰਿਪਾ
ਕਰਕੇ ਪਤਾ ਕਰਨ ਲਈ 01895 279973 ਤੇ ਸੰਪਰਕ ਕਰੋ

برائے مہربانی جے تہانوں اے اطلاع کے اور زبان یا انداز وچ چاہی دی اے تے پتہ کرن لئی
رابطہ کرو

தயவுசெய்து, வேற்று மொழிகளில் இத் தகவல்கள், கட்டுமானம்
தேவையெனில், கேளுங்கள்.! தயவுசெய்து 01895 279973
இலக்கத்துடன் தொடர்பு கொள்ளுங்கள்.!

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie
audio, poproś pracownika oddziału o kontakt z biurem informacji pacjenta (patient
information) pod numerem telefonu: 01895 279973.

如果你需要這些資料的其他語言版本、大字体、或音頻格式，請致電01895 279 973 查詢。

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يرجى
الاتصال بالرقم التالي 01895279973 .