

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 well cooked egg (stage 1), loosely cooked egg (stage 2) and raw 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 last food introduced in stage 1, 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, progress to stage 2 to the next 'rung' of the egg ladder.

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 Well-cooked egg	Stage 2 Loosely-cooked egg	Stage 3 Raw egg
Cakes	Homemade pancakes and Yorkshire pudding	Fresh mousse
Biscuits	Meringue	Fresh mayonnaise and salad cream
Dried egg pasta	Lemon curd	Fresh ice cream containing egg
Well-cooked fresh egg pasta	Quiche	Sorbet containing egg
Manufactured processed pancakes and waffles	Scrambled egg	Royal icing
Egg in sausages and prepared meat dishes	Soft boiled egg	Fresh Horseradish sauce
Egg glaze on pastry	Fried egg	Fresh Tartare sauce
Sponge fingers	Omelette	'Frico' edam cheese or other cheeses containing egg white lysozyme
Textured vegetable protein meat alternative (eg Quorn)	Poached egg	The fondant icing inside a Cadbury's cream egg
Chewitt sweets	Egg in batter (eg fish)	Mars and Milky Way soft centres
Egg in some gravy granules	Egg in breadcrumbs	Prawn crackers containing egg
Egg in some cheeses	Hollandaise sauce	Raw egg in cake mix and other dishes awaiting cooking
Pre-cooked Yorkshire pudding	Egg custard	
Hard boiled egg*	Bread and butter pudding	

*Well-cooked (hard boiled) egg is the last food introduced in stage 1

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

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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。

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