



Egg Ladder

Resolution of egg allergy tends to occur in stages starting with tolerance to well cooked egg (e.g. cake), then lightly cooked egg (e.g. scrambled) followed finally by raw egg. This leaflet is intended for use in children with mild to moderate symptoms e.g. skin rash or diarrhoea. It is not suitable for children who have had a severe reaction e.g. anaphylaxis. Your doctor or dietitian will decide if it is safe to try the reintroduction of eggs into your child's diet.



Step 1 Baked / Well Cooked Egg	Step 2 Lightly Cooked Egg	Step 3 Undercooked / Raw Egg
<ul style="list-style-type: none"> • Plain Cakes • Biscuits (e.g. Jaffa cakes, sponge fingers) • Dried Egg Pasta • Egg Noodles • Pancakes • Shop bought pre-cooked frozen Yorkshire puddings • Prepared meat dishes and sausages containing egg • Waffles • Chocolate bars containing nougat or dried egg (e.g. Milky Way or Crème Egg) • Gravy granules (if they contain egg) • Quorn • Cooked Egg Glaze 	<ul style="list-style-type: none"> • Scrambled Egg • Boiled Egg • Fried Egg • Omelette • Egg fried rice • Homemade Meringues • Lemon Curd • Quiche/Flan/Spanish tortilla • Poached Egg • Egg in batter or breadcrumbs (e.g. scotch egg, fish finger) • Hollandaise Sauce • Egg Custard • Crème Brûlée • Homemade pancakes or Yorkshire Pudding (especially those that contain 'sticky' batter) • Fresh egg pasta 	<ul style="list-style-type: none"> • Fresh Mayonnaise • Fresh mousse containing egg • Fresh ice cream (especially deluxe types) • Royal icing • Home-made Marzipan • Raw egg in cake mix and other dishes awaiting cooking (children of all ages like to lick the spoon!) • Horseradish sauce • Tartar sauce • Salad cream • Cheese that contain egg white lysozyme or egg protein.

When to introduce egg:

Choose a time when your child is happy and well and you have time to observe and manage any potential reactions. Avoid introducing new foods late in the evening, in case a reaction happens during the night. Have some antihistamine available.



How to introduce foods containing egg:

The ladder has 3 steps, you need to start at Step 1 and work your way up the ladder.

Each step contains a list of suitable foods to try. Provide your child with a very small amount of the food from the first step and wait for 15-30 minutes before giving your child anymore. Try a small amount the first time, and a larger portion (if tolerated) the next day. You can increase gradually until a normal portion is reached.

If your child is able to tolerate the food offered from that step of the ladder, continue to offer other foods from that step.

Once you are happy that your child is able to tolerate foods from the first step, you can then move onto the next step of the ladder, repeating the process above until step 3 of the ladder is reached.

What to do if your child has a reaction:

If symptoms return **STOP** the challenge. Seek medical advice if necessary and wait 3-6 months before re-challenging with foods containing egg.

If you would like to speak to a Dietitian please contact:

Nevill Hall Hospital	01873 732620
Royal Gwent Hospital	01633 234288
Serennu Children's Centre	01633 748026
Caerphilly Children's Centre	02920 867447

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