

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

## Information for parents and carers

This information leaflet explains the steps and stages to follow to gradually and safely introduce egg into your child's diet. If you have any questions or concerns, please do not hesitate to speak to any member of the allergy team caring for your child.

### Paediatric Allergy Service

#### Denmark Hill Site

<b>Allergy Co-ordinator:</b>	020 3299 4647, <a href="mailto:kch-tr.kingspaedallergy@nhs.net">kch-tr.kingspaedallergy@nhs.net</a>
<b>Allergy Specialist Nurses:</b>	020 3299 5892 or 020 3299 5131
<b>Allergy Specialist Dietitians:</b>	020 3299 4434
<b>Appointment Centre:</b>	020 3299 1919 (press option 4)
<b>Outpatient Department:</b>	020 3299 3560

#### Princess Royal University Hospital Site

<b>Allergy Team:</b>	<a href="mailto:kch-tr.pruhpaedallergy@nhs.net">kch-tr.pruhpaedallergy@nhs.net</a>
<b>Allergy Specialist Dietitians:</b>	01689 865742
<b>Outpatient Department:</b>	01689 864065

The information in this leaflet has been adapted from the British Society for Allergy & Clinical Immunology (BSACI) guidelines for the management of Egg Allergy (2020).

[www.kch.nhs.uk](http://www.kch.nhs.uk)

## Is it safe to give my child egg?

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. Or you may have been advised to gradually reintroduce egg into their diet at home.

Egg is found in the diet in a variety of different forms. The allergic proteins in eggs are changed and become less allergenic when cooked in a flour mixture and heated, for example in a cake.

Eating small amounts of egg as an ingredient gives your child a wider choice of foods. It may also help to speed up their ability to tolerate larger amounts of egg and progress onto a normal diet.

If your child has grown out of their egg allergy further, they may also be able to eat loosely cooked egg or food containing raw egg.

## Egg introduction plan

We advise you start your child on

### Next steps:

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**If in doubt, please contact a member of the allergy team.**

## Home-baked egg challenge

There are two steps to the challenge:

1. first bake some fairy cakes at home
2. then, each day, gradually giving your child more of the cake to eat.

### 1. Baking the one-egg fairy cake (recipe makes eight)

Ingredients

120g (4oz) self-raising flour

120g (4oz) margarine

120g (4oz) caster sugar

1 medium egg

### Method

- 1) Preheat the oven to Gas mark 4 / 180C / fan 160C. Line a muffin tray with eight paper cases.
- 2) Beat the margarine and sugar together thoroughly, then mix in the egg and carefully stir in the flour.
- 3) Spoon the mixture into eight fairy cake cases and bake for 20 minutes until golden on top. Push the tip of a knife into the cakes to check that they are baked. If they are ready, the knife should be clean when you take it out of the cake.
- 4) Allow to cool on a rack.

### Notes

- Please ensure that your child tolerates the other ingredients in the cake, such as cow's milk and wheat. Use dairy-free margarine or wheat-free flour instead, if required.
- You can freeze the fairy cakes so they remain fresh while you are trying to reintroduce egg into your child's diet.

### 2. Introducing the home-baked egg into your child's diet

The aim is to give your child small pieces of cake to eat, then wait for 24 hours to see whether they tolerate it. If they have no symptoms, you can gradually give them more of the cake over a number of days, as described below.

**Day one:** Cut one fairy cake into pieces as shown in the diagram below and give your child one piece (1/16). Wait 24 hours.

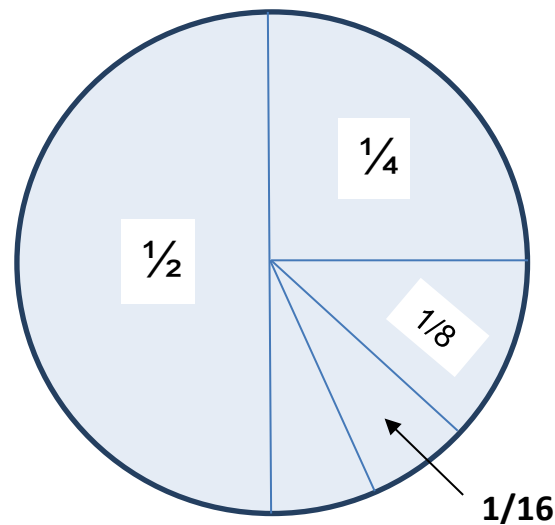
**Day two:** Give your child two pieces (1/8) to eat. Wait 24 hours.

**Day three:** Give your child four pieces (1/4) to eat. Wait 24 hours.

**Day four:** Give your child eight pieces (1/2) to eat. Wait 24 hours.

**Day five:** Give your child a whole fairy cake to eat.

## How to divide up each fairy cake (viewed from above)



### Notes

- Begin the home-baked egg challenge when your child is well. If they are unwell, delay starting the challenge.
- If they have started it and become unwell, do not increase the number of pieces you give them but continue to give them the same number every day. If you miss several days, give them fewer pieces when you restart and then increase the number, as described on page 3 in the 'Introducing the home-baked egg into your child's diet' steps.
- If your child refuses cake, try a cookie or a savoury biscuit recipe and use the same amount of egg – one medium egg – to make eight biscuits/cookies.
- If your child starts to have symptoms, reduce the number of pieces of cake to a level that they tolerate. Symptoms include tummy pain, loose stool (poo), and/or worsening eczema as well as skin rashes.

### What next?

Once your child is safely able to tolerate the one-egg cake or biscuits, they will be able to move on to trying other foods with egg in them, as follows:

- If your child has eaten a one-egg recipe fairy cake with no symptoms, then make the cakes using two eggs. Same recipe but with two eggs. If they tolerate this two-egg recipe cake, give it to them to eat regularly. They can also try other foods containing well-cooked egg, such as those listed in **Stage 1 of the Egg Ladder** table on page 5.
- If your child does not tolerate the two-egg recipe cake but does tolerate the one-egg cake, try them on other foods with small amounts of egg such as those listed in the **Early Stage of Stage 1 of the Egg Ladder** table on page 5.

# The Egg Ladder food guide

		Stage 3: Raw egg products
	<b>Stage 2: Well cooked egg dishes and loosely cooked egg</b>	
<b>Stage 1: Well cooked egg</b> (cooked at high temperatures and mixed with flour)		Mayonnaise and mayonnaise based sauces, e.g. Horseradish sauce, tartar sauce, ranch dressing Salad cream, coleslaw
<b>Early stage</b>  Cake (1 egg/8 cake recipe) Hard Biscuits <i>e.g. Schar Rich tea biscuits (Wheat free) or Polish biscuits (Kolaczki) or homemade biscuits</i>  TUC crackers  Mini Frozen Yorkshire pudding Pastry containing egg <i>e.g. sausage roll, pie</i>  Trifle sponge/Jaffa cake  Breadcrumb coating e.g. fish fingers, chicken nuggets  Wheat free bread/bread sticks	<b>Early stage</b> Home-made Pancakes, crepes and waffles Batter Homemade Yorkshire pudding  Scrambled egg (firm) Hard Boiled /fried/poached egg Scotch egg Omelette/ frittata Egg fried rice Quiche and flans Duchess potato  Heated sauces <i>e.g. Hollandaise sauce</i>  Egg custard, Crème caramel Crème Brulée Chocolates and sweets containing Nougat e.g. Milky Way, Mars bar, Chewitts Hard Meringue/pavlova	Soft boiled/fried/poached egg  Sorbet Cold / hot Souffle Luxury and fresh ice cream <i>e.g. Ben Jerry, Haagan Daaz</i> Soft meringue/pavlova Fresh Mousse  Tartare steak Confit Egg, Florentine pizza, eggs benedict  Marshmallow filling <i>e.g. snowball, teacake</i> Royal and fondant icing /decorations Raw cake mixture Homemade marzipan Fondant confectionary <i>e.g crème egg</i> Uncooked egg white powder
<b>Later stage</b>  Bread containing egg <i>e.g. Brioche, Croissants, Panettone</i> Shop bought cakes, muffins, Madeleines Shop bought pancakes e.g. Scotch pancakes, blinis Toasting waffles, waffle cones  Egg pasta and dishes with pasta, egg noodles Cooked egg glaze Prawn crackers  Egg used as a binder <i>e.g. burger, sausage, meatball</i> Quorn	<b>Later stage</b>  Loosely cooked scrambled egg or omelette Carbonara Sauce French toast Welsh rarebit	

Adapted from BSACI guidelines for the management of Egg Allergy (2020)

## Tips for introducing egg

Start at the stage of the Egg Ladder recommended by your allergy team. They will also advise you on a suitable time period for this reintroduction.

1. Give your child a small amount – for example, a bite – of the food containing egg.
2. If they have no reaction, gradually increase the amount of the food you give them until your child can tolerate a portion that is appropriate for their age.
3. Repeat this process for other foods containing egg within the stage that your allergy team has recommended for your child.
- 4. If your child has a reaction, please check your management plan to see how to treat the reaction.**
5. If your child reacts then go back to the last type of food that they tolerated and discuss this with your allergy team.
6. Once the introduction stage is completed we would recommend that egg containing foods continue to be offered regularly as part of a healthy and balanced diet.

## Notes

- The amount of egg used, the temperature it is cooked at and for how long can all affect the classification of stages 1, 2 and 3. For example, when you start on stage 2 of the ladder cook the scrambled egg with one egg only and also, make sure it's very well cooked.
- Raw or undercooked egg is more likely to cause a reaction than well-cooked egg. Your child might react to raw or undercooked egg even if they have previously tolerated a softly cooked whole egg.
- Some foods on the Egg Ladder contain sugar and you may be concerned that these are not a healthy choice for your child. However, in our experience children only eat small amounts of these foods, so they are fine as long as your child is also eating a healthy balanced diet. If you have specific concerns about the sugar content of these foods, please discuss these with your child's dietitian.
- Children who have been avoiding egg often have a dislike of egg and foods that contain it, even when they have outgrown their allergy.
- There are foods that contain egg where you cannot taste it, such as cakes, chocolates and nuggets. These are easy for your child to try and will help them to eat a more varied range of foods.
- Note, if you are having problems introducing egg into your child's diet, please contact your dietitian.

## **Sharing your information**

We have teamed up with Guy's and St Thomas' Hospitals in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas'. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between the hospitals.

## **Care provided by students**

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

## **PALS**

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS:

Tel: **020 3299 3601**      Email **kch-tr.palsdh@nhs.net**

You can also contact us by using our online form at [www.kch.nhs.uk/contact/pals](http://www.kch.nhs.uk/contact/pals)

PALS at Princess Royal University Hospital, Farnborough Common, Orpington, Kent BR6 8ND

Tel: **01689 863252** Email: **kch-tr.palspruh@nhs.net**

If you would like the information in this leaflet in a different language or format, please contact PALS on **020 3299 1844**.