



Paediatric egg ladder – for home introduction

Guidance for families who have been asked to introduce egg into their child's diet at home.

What is the egg ladder?

The egg ladder is a step-by-step guideline used to gradually reintroduce egg products into a child's diet to build tolerance. It is typically used for children with mild or non-IgE mediated egg allergies (a delayed immune reaction to egg proteins that does not involve Immunoglobulin E (IgE) antibodies).

When to use the egg ladder?

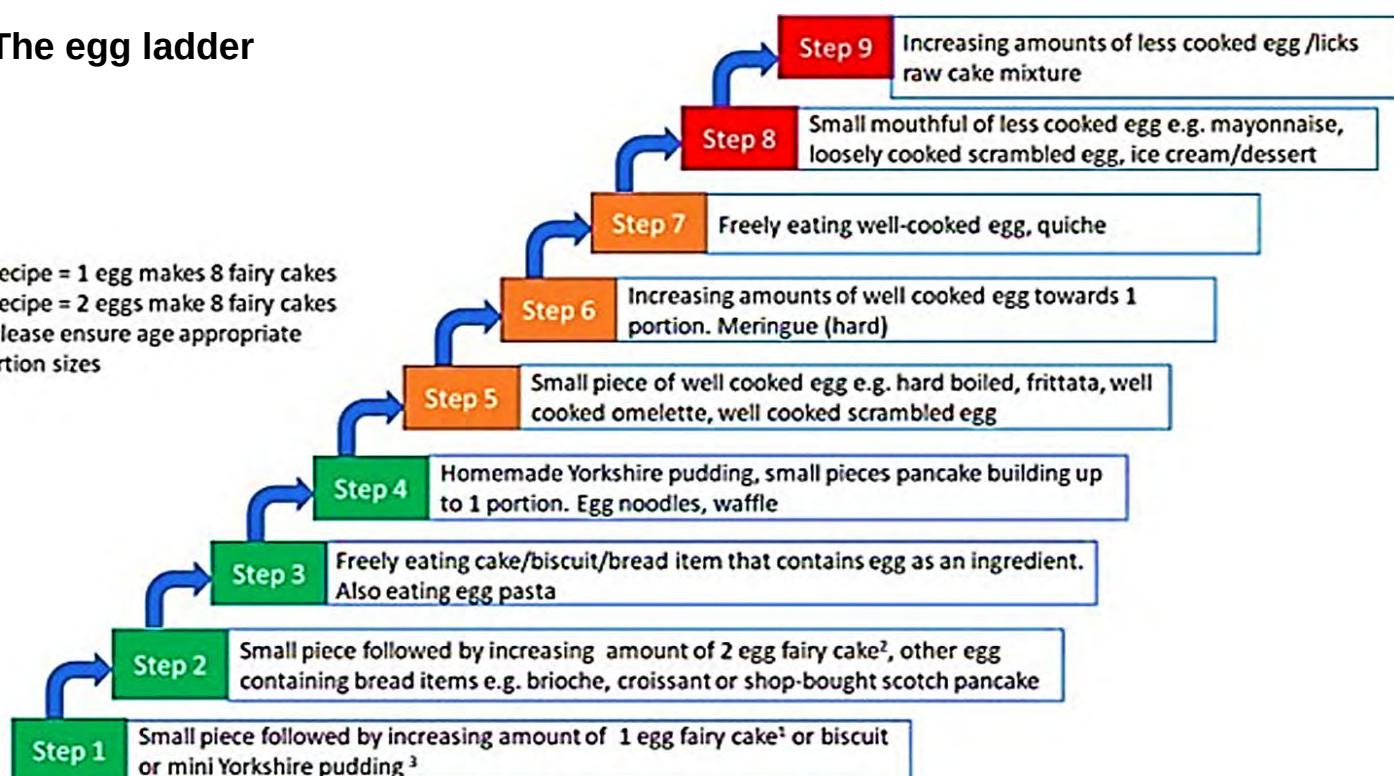
- **This guideline is not to be used for children who have experienced anaphylaxis or had breathing difficulties after eating egg.**
- It is important to only introduce one new food at a time so that if a reaction occurs it is clear what triggered this.
- If your child has multiple food allergies it is important to make sure that the foods you are introducing are free from these other food allergens, so only one allergen is introduced at a time.
- Ensure your child is well and any eczema, asthma or hay-fever is well controlled. Make sure you have antihistamines available to treat a reaction if needed.
- Perform the home introduction in your own home. Choose a day when you have time to observe your child for at least 2 hours after they have eaten the food.
- Observe your child closely for at least 2 hours after they have eaten their first portion of egg, and each time you increase the portion size.
- Start at step 1, following the day 1 to 5 plan. Then slowly begin moving through the steps on the ladder. Allowing a period of 2-4 weeks between steps.
- If step 1 is tolerated, your child should continue to eat this food on a regular basis, along with foods from previous steps and continue to progress through the ladder. It is advised to wait 48 hours before increasing portion sizes of each new food or introducing a new food. Once your child is regularly consuming a variety of foods in each step of the ladder, you can move on to the next step.
- If at any time, you are unsure whether your child is having an allergic reaction, stop giving the food, and observe them closely for any symptoms.
- If your child does not tolerate a particular food, go back to the previous step and wait 1-2 months before continuing the ladder. You may find that your child tolerates a small portion but has symptoms with increased portion sizes. In this case, give them a small portion size regularly and then increase this gradually.

The egg ladder

¹ Recipe = 1 egg makes 8 fairy cakes

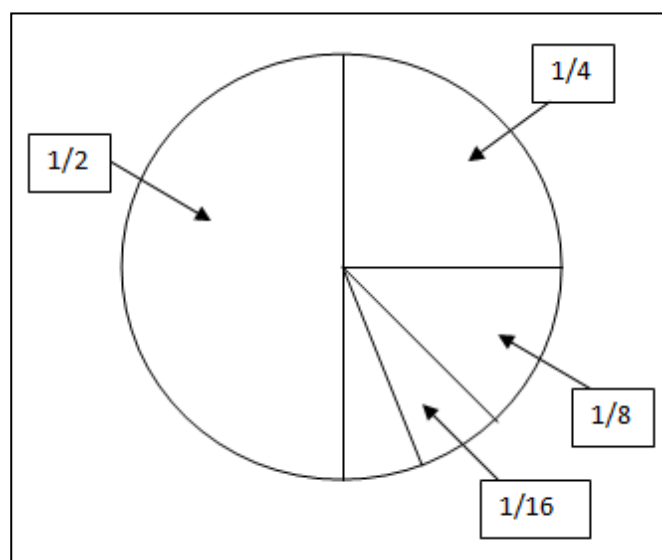
² Recipe = 2 eggs make 8 fairy cakes

³ Please ensure age appropriate portion sizes



Step 1:

Day 1	Give $\frac{1}{16}$ th of the cake
Day 2	Give $\frac{1}{8}$ th of the cake
Day 3	Give $\frac{1}{4}$ of the cake
Day 4	Give $\frac{1}{2}$ of the cake
Day 5	Give a whole cake



Further examples of egg products that can be used as an alternative at each stage:

		Stage 3: Raw egg products
	Stage 2: Well cooked egg dishes and loosely cooked egg	Mayonnaise and mayonnaise based sauces, e.g. horseradish, tartar, ranch dressing, salad cream, coleslaw Dippy or soft cooked boiled, fried or poached egg. Cold or hot soufflé, luxury and fresh ice cream, e.g. Ben & Jerry, Haagen Dazs Soft meringue (lemon meringue or pavlova), fresh mousse and other uncooked desserts Sushi, tartare steak, confit egg, Florentine pizza, eggs benedict Soft marshmallow, e.g. snowball, teacakes, royal and fondant icing, raw cake mixture, home-made marzipan, fondant confectionery, e.g. crème egg Uncooked egg white powder
Stage 1: Baked or well cooked egg	Early stage introduction: *Home-made pancakes, crepes and waffles, batter, *home-made Yorkshire pudding, egg noodles Scrambled egg (firm), hard boiled, fried or poached egg Scotch egg, omelette, frittata, egg fried rice Quiche and flans, *duchess potatoes Heated sauces, e.g. hollandaise, egg custard, crème caramel, crème brulee Nougat and nougat confectionary, e.g. Mars *Hard meringue, pavlova Later stage introduction: *Loosely cooked scrambled egg or omelette, *carbonara sauce, *French toast, *Welsh rarebit.	
Early stage introduction: Cake (1 egg/8 cake recipe (see p2) Hard biscuits TUC crackers Mini frozen Yorkshire pudding Pastry containing egg (sausage roll, pie, choux bun), trifle sponge, Jaffa cake Breadcrumb coated foods, e.g. fish fingers, nuggets Wheat free bread or bread sticks Later stage introduction: Bread containing egg, e.g. brioche, croissants, buns, panettone, naan, focaccia *Cake (standard recipe containing egg, flour, fat & sugar), *muffins, madeleines, scotch pancakes, *blinis, Welsh cakes Soft cookies, toasting waffles, waffle cones Egg pasta and dishes with pasta, cooked egg glaze, prawn crackers		
*Egg as binder, e.g. burger, meatballs, well-cooked Quorn		-
Each stage to be tried in small amounts first. Go back to the stage before or give a smaller amount if your child has symptoms.		

*These foods may cause allergic reactions, depending on degree of cooking (fully cooked = less allergen)

Allergic reaction symptoms

<u>Mild to moderate symptoms</u> • Tingling or itchy sensation in the mouth • Swelling of the lips, face or eyes • Itchy/red skin • Hives • Vomiting/Abdominal pain	<u>Severe symptoms</u> • Swollen tongue • Difficulty swallowing • Hoarse voice • Wheezy breathing/tight chest • Pale/floppy • Decreased level of consciousness/collapse
Give antihistamines and monitor your child's condition. Go back to the stage before on the ladder or give a smaller amount – seek advice if in any doubt.	Use adrenaline pen if you have one OR call 999 immediately stating ANAPHYLAXIS Abandon the egg ladder following an anaphylactic episode until advised to resume.

Cupcake recipe (makes 8)

Ingredients

1 medium egg
4oz flour
4oz margarine
4oz caster sugar

Method

1. Beat together the margarine and caster sugar.
2. Then beat in the egg and then the flour.
3. Spoon the mixture evenly into 8 cupcake cases.
4. Bake at 180°C (gas mark 4) for 15 minutes.

Test a cupcake with a fork. There should be no mixture on the prongs if it is cooked properly.

Contact us

If you have any questions or need additional support while using this egg ladder, please contact the paediatric allergy team who would be happy to discuss things further.

Lucy Stanton, Allergy Administrator on 0118 322 7224 or email: rbb-tr.cat7@nhs.net

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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