

Reintroduction of egg into your child's diet

Your child had a reaction to egg in the past. The following symptoms may have occurred;

- Tummy pain and vomiting
- Itching and/or redness of the skin
- Urticaria (nettle rash or hives), often around the mouth
- Swelling e.g. lips, eyes, ears

You should discuss when to re-introduce egg with your doctor, allergy nurse or dietitian. This leaflet outlines a safe way to do this.

Children with a history of the following symptoms should **not** reintroduce egg at home;

- Anticipated risk of severe reaction such as anaphylaxis or breathing difficulties.
- Your child's doctor has advised against this based on awaited or recent blood or skin tests.

If there is a history of any of the above egg will need to be reintroduced within a hospital setting and under the supervision of a trained healthcare professional.

Egg Reintroduction

Egg and egg containing products should be reintroduced in the following order;

1. Baked/well cooked egg
2. Well cooked egg dishes with loosely cooked egg
3. Raw egg products

Often raw egg can cause a contact reaction when dropped on the skin, but is tolerated when ingested. Sometimes when children are becoming tolerant of egg, a skin reaction may occur later in the day - sometimes several hours later. These reactions are never severe and are called 'late' reactions

The rate of reintroduction

The rate of reintroduction can depend on;

- Experience of previous reactions
- Advice from your child's dietitian, allergy nurse or doctor
- The expected level of sensitivity of your child.
- The length of time on each step is a guide only and can vary depending on how you're your child seems to tolerate the food introduced.

Practical pointers of egg reintroduction

Before starting the reintroduction process or progressing to the next step, ensure the following;

- Your child is well at the time.
- All gastrointestinal symptoms have settled and or eczema is not flared
- Your child does not have any antihistamine in their body as this may mask a reaction.

Information for Patients

- Make sure foods do not contain any other ingredients which your child is allergic to
- Don't introduce any other new foods during the cows milk reintroduction
- Ideally introduce foods early in the day, at a time when you are not busy and able to monitor for adverse symptoms. Have your child's antihistamines available.
- All children are individual and will work their way up this process at different rates
- Don't force your child to have a particular food as remember these foods are new to your child so they may be hesitant at first.
- If your child is at school/ nursery keep them on an egg free diet there and just reintroduce at home so you can control portion sizes and note any reactions.
- If your child spends time at more than one home, agree a plan between you.

Process of reintroduction

Baked/well-cooked egg

1. Follow the recipe provided or chose one of the foods on the list of items
2. Rub a small amount of cake on the inner part of your child's lips, wait 30 minutes.
3. If no symptoms observed offer a pea-sized portion of the food and monitor symptoms for 1-2 days
4. If no symptoms are observed double the portion size every 2 days until a full sized portion is reached
5. Once your child is tolerating a full sized portion you can make the recipe with 2 eggs and repeat steps 2-5
6. You can also offer other foods with baked egg on the list provided
7. If your child has a severe reaction, stop re-introduction and contact the allergy team. If the reaction is mild, reduce to a lower stage/smaller amount and wait at least 3 months before trying again.

Stage 1 Baked/Well cooked egg

Step 1

- Cake (see recipe—contains 1 egg) or shop brought fairy cake (no icing)
- Hard Biscuits
- TUC crackers
- Mini frozen Yorkshire Pudding—must be pre-cooked
- Pastry containing egg e.g. sausage roll, pie, Choux
- Trifle sponge/Jaffa cake
- Breadcrumb coating e.g. fish finger, nugget
- Wheat free bread/ bread sticks

Fairy Cakes (makes 8)

Ingredients

- 110g butter/dairy free spread
- 110g sugar
- 1 medium egg
- 110g self-raising flour or wheat free flour mix

Method

- Preheat the oven to 180°C/Gas Mark 4.
- Cream the butter and sugar together.
- Mix in the egg, then fold in the flour.
- Spoon into fairy cake cases.
- Bake for 10-15 minutes then leave to cool.

Information for Patients

Step 2

- Bread containing egg e.g. brioche, croissants, buns, panettone, naan, focaccia
- Cake (standard recipe—contains 2 eggs)
- Madeleines, scotch pancakes
- Soft cookies
- Toasting waffles
- Egg as a binder in sausages (vegetarian and meat) burgers and prepared meat meals (see recipe for meat balls)

Meat Balls (Makes 20, one serving = 3 meat balls)

Ingredients

- 500g mince e.g. beef, chicken or turkey
- 60g breadcrumbs (wheat free if required)
- 1 medium egg
- 1 shallot, finely chopped
- Mixed herbs, salt, pepper

Method

- Preheat the oven to 180°C/Gas Mark 4.
- Mix all of the ingredients together.
- Roll into 20 meatballs that are similar in size and place on an oiled baking sheet.
- Bake for around 20 minutes until cooked through.

Serve with a sauce or crumbled and mixed with mashed potatoes, rice or vegetables.

Step 3

- Well-cooked fresh egg pasta
- Well cooked Quorn

Stage 2. Well cooked egg dishes and loosely cooked egg

At each step start with a small piece of the food and build up to 1 portion

Step 4

- Home-made pancakes, crepes and waffles
- Home-made Yorkshire pudding (a bit sticky inside)
- Egg noodles

Step 5

- Scrambled egg (firm)
- Hard boiled/fried/poached
- Well cooked omelette/egg fried rice/frittata

Step 6

- Quiche and flans
- Heated sauces e.g. Hollandaise sauce
- Egg custard
- Crème caramel
- Nougat and confectionary e.g. mars
- Hard meringue/pavlova well cooked with no sticky centres

Step 7

- Loosely cooked scrambled egg or omelette
- Carbonara sauce *
- French toast *
- Welsh rarebit *

*these foods may cause allergic reaction depending on degree of cooking (fully cooked = less allergen)

Stage 3. Raw egg

Step 8

- Mayonnaise . horseradish, tartar sauce, ranch dressing, salad cream, coleslaw
- Dippy/uncooked boiled/fried/poached egg
- Fresh ice cream
- Sorbet
- Royal icing (both fresh and powdered icing sugar)
- Home-made marzipan
- Raw cake mix
- Soft mallow e.g. snowball/teacake
- Soft meringues e.g. lemon meringue
- Fresh mousse and other uncooked desserts
- Uncooked egg-white powder
- Sushi

For further support please contact your Paediatric Dietitian on 0121 424 1674 or Paediatric Allergy nurse on 0121 424 2393.

This leaflet should only be used in conjunction with advice from your Paediatric Dietitian / Paediatric Allergy Nurse. Information is correct at time of writing

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