

## Paediatric allergy

# Dietary advice for egg allergic children and young people who tolerate well-cooked egg

## Information for patients, parents and carers

### Introduction

This leaflet is for children and young people with egg allergy who are known to tolerate well-cooked egg. This applies to children and young people who have been having well-cooked egg (e.g. hard-boiled egg, well-cooked scrambled egg (firm)) with no problems despite being allergic to raw and loosely cooked egg. This also applies to children and young people who try and tolerate well-cooked egg in hospital as a food challenge, but are still allergic to raw and loosely cooked egg.

If you or your child has successfully completed a challenge to well-cooked egg, please follow the advice in the 'Following your food challenge. Outcome: Tolerant (NOT allergic)' leaflet we have given you. If you don't have any allergic symptoms in the two days after the challenge, then we advise you to introduce cooked egg into your or your child's diet regularly, following the advice in this leaflet.

**If you or your child has other food allergies, please make sure these allergens are not in the products they eat.**

### Which foods are you/your child likely to be able to have without reacting?

Foods that are likely to be tolerated by children who can tolerate well-cooked egg	Foods which may cause an allergic reaction, even if well-cooked egg is tolerated
<p>Products containing 'well-cooked egg' where the egg has been sufficiently cooked.</p> <p>Well-cooked egg:</p> <ul style="list-style-type: none"> <li>• hard-boiled egg</li> <li>• well-cooked scrambled egg or omelette</li> <li>• well-cooked quiche, frittata, pancake, waffles</li> <li>• yorkshire pudding</li> <li>• cooked batter/tempura/ breadcrumb</li> </ul>	<p>Products containing egg that have not been sufficiently processed or cooked.</p> <ul style="list-style-type: none"> <li>• soft/runny/'dippy' boiled, fried and poached egg</li> <li>• lightly cooked omelette or scrambled egg, french toast</li> <li>• homemade fresh egg pasta</li> <li>• uncooked egg white powder</li> <li>• sauces: mayonnaise and mayonnaise based products (e.g. tartar, horseradish)</li> </ul>

<ul style="list-style-type: none"> <li>• dried or shop-bought fresh egg pasta/ egg noodles</li> <li>• well-cooked processed meat/burger/sausage</li> <li>• desserts: <u>hard</u> meringue i.e. meringue nests/shells (soft meringue should be avoided)</li> <li>• shop bought confectionery containing powdered egg (e.g. Milky Way®, Mars® Bar, Snickers®, Chewits®)</li> </ul> <p>Your child can also have products containing 'baked egg' in which the egg has been mixed with flour (and possibly other ingredients) and baked in the oven at a minimum of 180°C for 15-20 minutes.</p> <p>Baked egg (homemade or shop bought):</p> <ul style="list-style-type: none"> <li>• biscuits</li> <li>• sponge cakes</li> <li>• sponge fingers</li> <li>• fairy cakes</li> <li>• muffins</li> <li>• plain brioche</li> <li>• pre-packaged croissants</li> <li>• oven-baked egg pasta (e.g. lasagne)</li> <li>• pre-packaged bread</li> <li>• gluten free bread</li> <li>• pre-packaged frozen breaded fish/meat/chicken</li> <li>• pre-packaged Scotch Pancake®</li> </ul>	<p>sauce, coleslaw), salad cream, hollandaise, carbonara sauce</p> <ul style="list-style-type: none"> <li>• desserts: soft meringue, mousse, luxury/fresh ice cream / sorbet, crème brulee, crème caramel, fresh mousse and other uncooked desserts, royal icing, raw cake mixture</li> <li>• confectionery: soft mallow e.g. snowball, teacake, fondant confectionary e.g. creme egg®</li> </ul>
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These lists are for guidance – they aren't a complete list of all of the egg containing products you can find. **If you are not sure if a food is safe for your child, please talk to the allergy team.** If you have difficulty finding suitable products containing well-cooked egg for you or your child please call our paediatric dietitians on **020 3312 1127**.

## How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at

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[imperial.pals@nhs.net](mailto:imperial.pals@nhs.net) The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street  
London W2 1NY

Email: [ICHC-tr.Complaints@nhs.net](mailto:ICHC-tr.Complaints@nhs.net)

Telephone: **020 3312 1337 / 1349**

## Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:

[imperial.communications@nhs.net](mailto:imperial.communications@nhs.net)

## Wi-fi

Wi-fi is available at our Trust. For more information visit our website: [www.imperial.nhs.uk](http://www.imperial.nhs.uk)