

Paediatric allergy

Dietary advice for egg allergic children who tolerate baked egg

Information for patients, parents and carers

Introduction

This leaflet provides advice for children with egg allergy who are known to tolerate baked egg (for example, in biscuits, muffins or cakes).

This applies to children who have been having baked egg in their diet with no problems, despite being allergic to egg in other forms.

This also applies to children who try and tolerate baked egg (for example, a muffin) in hospital as a food challenge but are still allergic to other forms of egg.

If your child has successfully completed a challenge to baked egg, please follow the advice in the 'following your successful food challenge' leaflet you have been given.

If no allergic symptoms occur in the two days after the challenge, then we advise you to introduce baked egg into your child's diet on a weekly basis, following the advice in this leaflet.

If your child has other food allergies, please ensure these allergens are not contained in the baked products you are planning to give.

Which foods can my child have?

Foods that are allowed	Foods to be avoided
<p>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 to 20 minutes.</p> <p>Homemade or shop bought:</p> <ul style="list-style-type: none"> • biscuits • sponge cakes • sponge finger 	<p>Products containing egg that have not been sufficiently processed or cooked. This is because there is a risk that your child might react:</p> <ul style="list-style-type: none"> • boiled egg, scrambled egg, omelette, French toast • quiche, pancake, waffles, brownie • homemade Yorkshire pudding • home-prepared fish, meat or vegetables cooked in batter, tempura, or breadcrumb

Foods that are allowed (cont.)	Foods to be avoided (cont.)
<ul style="list-style-type: none"> • fairy cakes • muffins • plain brioche • pre-packaged croissants • oven-baked egg pasta (for example, lasagna) • pre-packaged bread • gluten free bread • pre-packaged frozen breaded fish/meat/chicken • pre-packaged Scotch Pancake® 	<ul style="list-style-type: none"> • fresh egg pasta, egg noodles • processed meat, burger, or sausage • sauces: mayonnaise or salad cream, hollandaise, horseradish, tartar sauce • desserts: meringue, mousse, some ice cream and sorbet, crème brulee, crème caramel, mousse, royal icing, raw cake mixture • some confectionary containing powdered egg, such as Milky Way®, Mars® Bar, Snickers®, Cream Egg®, Chewits®, MarshmallowFluff®)

Foods containing baked egg which are otherwise free from the top 14 allergens

The following table includes suggestions of baked products which contain egg but are otherwise free from the top 14 allergens, which include:

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| • celery | • molluscs (such as mussels and oysters) |
| • cereals containing gluten (such as wheat, barley and rye) | • mustard |
| • crustaceans (such as prawns, crabs and lobsters) | • peanuts |
| • eggs | • sesame |
| • fish | • soya |
| • lupin | • sulphur dioxide and sulphites |
| • milk | • tree nuts |

The following table was correct at the time of going to print in 2024.

Always check the ingredients and allergen information on any product you are planning to give as recipes and manufacturing processes can change.

Foods containing baked egg which are otherwise free from the top 14 allergens

Genius Deliciously Gluten Free brioche buns
Genius Deliciously Gluten Free handcrafted tiger bloomer
Genius Deliciously Gluten Free scotch pancakes
Genius Deliciously Gluten Free blueberry muffins
Genius Deliciously Gluten Free crumpets

Sainsburys Free From white sliced bread
Sainsburys Free From brown sliced bread
Sainsburys Deliciously Free From blueberry muffins
Sainsburys Free From chocolate cake slices
Sainsburys Taste the Difference Free From fruit loaf

Tesco Free From hot cross buns
Tesco Free From brioche buns
Tesco Free From seeded brown rolls
Tesco Free From lemon loaf cake

Waitrose Free From Gluten tiger loaf
Waitrose Free From Gluten mixed seed loaf
Waitrose Free From Gluten sandwich thins
Waitrose Free From Gluten soft white rolls
Warburtons Gluten Free crumpets
Warburtons Gluten Free tiger bloomer

Please note that these lists are for guidance – they are not a complete list of all baked egg containing products you may find. **If you are not sure if a food is safe for your child, please avoid it.**

If you have difficulty finding suitable baked egg products for 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 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). You can also email PALS at **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 express your concerns in **writing** to:

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

Alternative formats

This leaflet can be provided on request in large print, as a sound recording, in Braille, or in alternative languages. Please contact the communications team:
imperial.patient.information@nhs.net

Wi-fi

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