

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 (e.g. 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 (e.g. 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.

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, such as butter) and baked in the oven for at least 15-20 minutes.</p> <p>Homemade or shop bought:</p> <ul style="list-style-type: none"> • biscuits • sponge cakes • sponge fingers • fairy cakes • muffins • plain brioche 	<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, Yorkshire pudding • cooked batter/tempura/breadcrumbs • dried or fresh egg pasta, egg noodles • processed meat/burger/sausage • sauces: mayonnaise/salad cream, hollandaise, horseradish, tartar sauce • desserts: meringue, mousse, some ice cream/sorbet, crème brulee, crème caramel, mousse, royal icing, raw cake mixture • some confectionary containing powdered egg (e.g. Milky Way[®], Mars[®] Bar, Snickers[®], Cream Egg[®], Chewits[®], Marshmallow Fluff[®])

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

Please note that this list is for guidance - it is not a complete list of all of the egg 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 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**

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.patient.information@nhs.net**

Wi-fi

We have a free wi-fi service for basic filtered browsing and a premium wi-fi service (requiring payment) at each of our five hospitals. Look for WiFiSPARK_FREE or WiFiSPARK_PREMIUM