

# Home baked egg introduction

Dietetics and Nutrition

Information for Patients

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## General information

Egg allergy is common in young children. Most children will outgrow their allergy by school age. The allergic proteins in egg are changed and become less allergenic when they are heated and mixed with flour. For example, egg is baked in a cake cooked in the oven. Having your child eat small amounts of baked egg helps them to gain tolerance to egg. If your child can eat baked egg foods, then they may be able to try cooked whole egg like omelette. Egg that has not been heated (raw egg) is the most allergenic.

This leaflet explains how to introduce baked egg into your child's diet. By following this advice it is likely your child will be able to eat foods with egg as a heated ingredient. However, some children may still be allergic and may need to follow a totally egg free diet.

## Can I reintroduce egg into my child's diet?

Your Dietitian or Doctor will advise you when your child can try a small amount of baked egg in foods. You should read the home reintroduction plan on the next page and keep in touch with your Dietitian if your child is not making progress.

If your child has ever had an anaphylactic reaction to a small amount of baked egg or has poorly controlled asthma, the first stage of reintroduction should be done in hospital under medical supervision.

An anaphylactic reaction is when your child has these symptoms after eating egg:

- swelling of the throat
- difficulty breathing
- coughing
- faintness
- wheezing
- drowsiness

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.uhleicester.nhs.uk](http://www.uhleicester.nhs.uk) for maps and information about visiting Leicester's Hospitals.  
To give feedback about this information sheet, contact [uhl-tr.informationforpatientsmailbox@nhs.net](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)

## What should I do if my child has a reaction when introducing baked egg?

Your child may have a reaction, such as a rash when trying the food. You may need antihistamine medicine to use in case of an allergic reaction. If your child's symptoms are eczema or gastrointestinal only (like vomiting, diarrhoea) you will not need this. In the rare case that your child has any respiratory reaction like coughing or wheezing or any other symptoms you are concerned about, get medical help.

## Procedure for home baked egg challenge

### Recipe for fairy cakes (makes 8, or for younger children makes 12)

| Ingredients  | Instructions  |
|--|---|
| <ul style="list-style-type: none"><li>• 4oz self-rising flour</li><li>• 4oz margarine</li><li>• 4oz caster sugar (sugar can be reduced or replaced with mashed fruit)</li><li>• 1 medium egg</li></ul> | <ol style="list-style-type: none"><li>1. Mix margarine and sugar to a pale paste.</li><li>2. Mix in egg and then fold in flour.</li><li>3. Spoon into fairy cake case.</li><li>4. Bake for 10 to 13 minutes at 180C/ gas 4.</li></ol> |

NB: You can freeze fairy cakes so that they stay fresh when trying reintroduction.

### Home challenge steps (Dietitian to decide daily or weekly dose increase)

Cut fairy cake or biscuit into half. Then half it again. Do this 2 more times until you have a small piece (around 1/16<sup>th</sup>). For each step below, reduce the times you half the fairy cake or biscuit.

1. **Day/week 1:** Give your child small piece (1/16<sup>th</sup>) of fairy cake to eat.
2. **Day/week 2:** Give your child 1/8 piece of fairy cake to eat.
3. **Day/week 3:** Give your child 1/4 of fairy cake to eat.
4. **Day/week 4:** Give your child 1/2 of a fairy cake to eat.
5. **Day/week 5:** Give your child a whole fairy cake to eat.

**For a savoury alternative use a small frozen Yorkshire pudding.**

### Notes:

- Only increase the dose as instructed by the Dietitian. This could be daily or weekly.
- Try to give a dose every day, even if it is just 1 crumb. If you miss several days (maybe your child is unwell), give a smaller dose when you restart and build up.
- If your child refuses cake, try a cookie or savoury biscuit recipe and add a similar amount of egg. For example, add 1 medium egg between 8 to 12 biscuits/cookies.
- Do not increase the dose if your child is unwell.

- If you start to see symptoms, reduce the dose to a level your child can tolerate. Symptoms can be abdominal pain, vomiting, loose stool, rashes and/or worsening eczema.
- If you choose to buy a cake, or decorate your cake with icing, **check the ingredients of the icing**. Many cake icings (including ready-made butter icing, fondant, royal, frozen gateaux) contain raw egg white and may cause a more severe allergic reaction.
- If your child has other food allergies like nut or milk, continue to check ingredients for those allergens. For children allergic to wheat, look for wheat free alternatives or ask your Dietitian for more ideas.

## What is next?

If your child has eaten a 1-egg cake recipe or similar with no symptoms then try other foods from the same group. Next try a 2-egg cake recipe cut into pieces as before. When they can tolerate a 2-egg recipe, try other foods from the list below. Try to have something every day, but reduce the amount if your child has any symptoms. Continue to be careful with icing.

### Foods containing baked egg with flour

| Early (very low level egg)  | Next (more egg)   | Later (higher amount of egg)   |
|---|---|--|
| <p><b>Sweet options:</b></p> <ul style="list-style-type: none"> <li>• Small shop bought cakes</li> <li>• Homemade cakes (1 egg recipe)</li> <li>• Trifle sponge</li> <li>• Jaffa cake</li> <li>• Biscuit (1 egg recipe)</li> </ul> <p><b>Savoury options:</b></p> <ul style="list-style-type: none"> <li>• Cracker e.g. TUC</li> <li>• Mini shop bought Yorkshire pudding</li> <li>• Pastry like sausage roll, pie, choux</li> <li>• Breadcrumb coating like fish finger, nugget</li> <li>• Wheat free bread</li> </ul> | <ul style="list-style-type: none"> <li>• Homemade Cake (2 egg recipe)</li> <li>• Muffin/ larger shop bought cake</li> <li>• Breads like brioche, croissants, buns, naan, foccaica, blini</li> <li>• Scotch pancakes, Madeleines</li> <li>• Soft cookies</li> <li>• Toasting waffles</li> <li>• Waffle cone</li> <li>• Egg used as a binder like in fishcakes, vege burgers, sausages</li> <li>• Egg pasta</li> <li>• Prawn Crackers</li> <li>• Quorn (well-cooked)</li> </ul> | <ul style="list-style-type: none"> <li>• Homemade pancakes, crepes, and waffles</li> <li>• Homemade Yorkshire pudding</li> <li>• Batter</li> <li>• Egg noodles</li> </ul> <p>You are now ready to move onto small amounts of whole egg like egg fried rice/ omelette.</p> <p>Visit: <a href="https://yourhealth.leicestershospitals.nhs.uk/">https://yourhealth.leicestershospitals.nhs.uk/</a> and search for 'Home whole egg introduction (for children who are outgrowing their egg allergy)' or leaflet number 1742.</p> |

## **Foods to avoid**

### **Avoid foods that:**

- are not baked with flour,
- contain too much egg (even if it is baked),
- have uncooked egg,

Speak to your Dietitian for more advice.

### **Look out for egg in foods like:**

- marshmallows,
- some ice creams and sorbet,
- fondant and icing,
- mayonnaise,
- soft meringue,
- mousse and desserts,
- quiche,

Speak to your Dietitian for more advice.

## **Advice for fussy eaters**

Try to find foods similar to what your child likes or sees as a 'safe food':

- Smash or crumble biscuit or cake into familiar food like porridge, yogurt.

It may be better to use savoury options, if your child does not like sweet choices:

- Add a small teaspoon egg mixed into mashed potato and bake in oven. You can do this for homemade croquettes or for pie topping.
- Add some beaten egg into pastry or scone mix such as Tesco Scone Mix.
- You can use 'free from' foods. Many contain egg as an ingredient like bread, pizza base.

## **Contact details:**

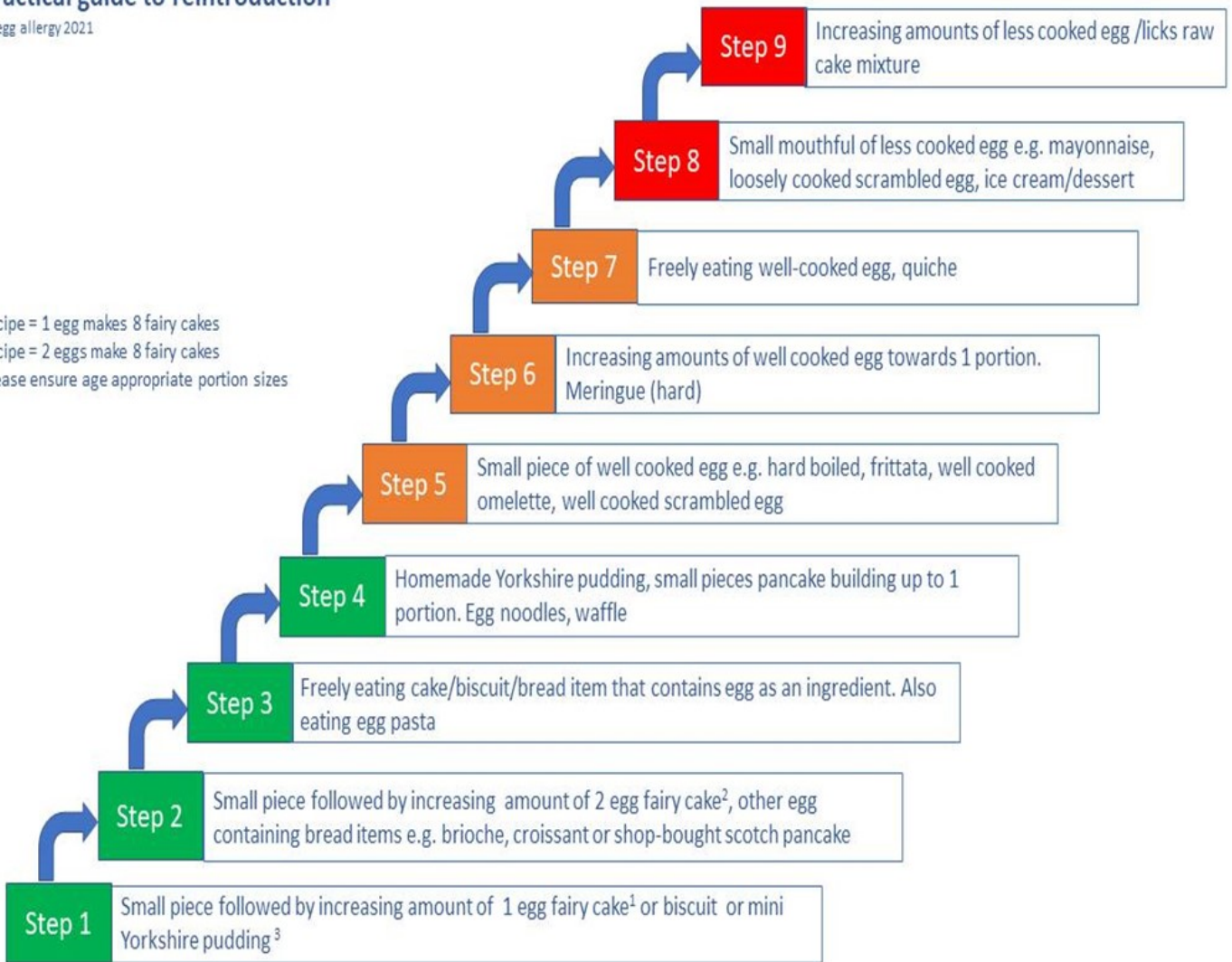
If you are under the Leicester Royal Infirmary Allergy team, please contact **0116 258 5400**.

If you are under the GP/Community Dietitians, please contact your GP or Leicestershire Nutrition and Dietetic Service at **0116 222 7141**.

## A practical guide to reintroduction

BSACI egg allergy 2021

- <sup>1</sup> Recipe = 1 egg makes 8 fairy cakes  
<sup>2</sup> Recipe = 2 eggs make 8 fairy cakes  
<sup>3</sup> Please ensure age appropriate portion sizes



Reference: BSACI 2021 guideline for the management of egg allergy

This diagram shows how your child is likely to progress by following a reintroduction ladder. Not all children will gain full tolerance. You should still include foods at the stage that your child can tolerate without symptoms. Reduce to a lower level if symptoms happen. This leaflet gives information on Steps 1 to 4. See leaflet 'Home Whole Egg Reintroduction' for Steps 5 to 9. If you have any concerns or questions, please get in contact with the Dietitian or Doctor before your next appointment.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો  
ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।  
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [uhl-tr.equalitymailbox@nhs.net](mailto:uhl-tr.equalitymailbox@nhs.net)