

BSACI

Improving Allergy Care
through education, training and research

Egg Allergy

Egg allergy usually starts in childhood and affects around 2% of children and 0.1% of adults. It resolves in most children, but this may take several years. Egg allergy in adults tends to persist. Well cooked egg such as in cakes is tolerated prior to lightly cooked and raw egg.

A small number of children with a severe initial reaction, severe eczema and other food allergies may be less likely to outgrow their egg allergy.

Management of egg allergy:

Someone with an allergy to hen's egg should avoid all other bird's eggs, unless they have been advised that some are safe to eat. Eggs may be found in a wide range of foods: cakes, pastries, desserts, meat products, salad dressings, glazes, pasta, battered and bread crumbed foods, ice cream, chocolates, and sweets.

This list is not exhaustive and food labels must be read carefully every time as ingredients can change. The word **Egg** will be listed clearly on the list of ingredients and highlighted in bold.

Occasionally, egg may be referred to by unusual terms, e.g., egg lecithin or albumen (especially on imported foods).

Accidental exposures to egg may occur, and it is important to always have the allergy treatment plan and medication available. In

most cases reactions are mild, and an antihistamine should be given. Rarely more serious reactions (anaphylaxis) require treatment with adrenaline. All children with an egg allergy should have individualized care and a plan for the introduction of egg, if and when it is appropriate. Most children with mild egg allergy can usually start home introduction of eggs early on using the egg ladder. (see diagram 1). This often starts with the introduction of baked egg. Eating baked egg regularly (if tolerated) may aid the resolution of egg allergy, but it also helps to have a more inclusive diet which can improve quality of life.

Additional Resources:

BSACI 2021 guideline for the management of egg allergy
<https://www.bsaci.org/guidelines/bsaci-guidelines/egg-allergy-2021/>

Diagram 1

	Stage 2. Well cooked egg dishes and loosely cooked egg	Stage 3. Raw egg products
<p>Stage 1. Baked/well cooked egg, (low egg / with matrix)</p> <p>Early-stage introduction: Cake (1egg/8 cake recipe) Hard Biscuits TUC crackers</p> <p>Mini Frozen Yorkshire pudding Pastry containing egg (sausage roll, pie, Choux) Trifle sponge/Jaffa cake</p> <p>Breadcrumb coating e.g. fishfinger, nugget</p> <p>Wheat free bread/bread sticks</p> <p>Later stage introduction: Bread containing egg e.g., Brioche, Croissants, Buns, Panettone, Naan, Focaccia, *Cake (standard recipe), *Muffins, madeleines Scotch pancakes, *blinis, Welsh cakes Soft cookies Toasting waffles, waffle cones Egg pasta and dishes with pasta, Cooked egg glaze, Prawn crackers,</p> <p>*Egg as binder e.g., burger, meatball -well cooked Quorn</p>	<p>Early-stage introduction: *Home-made Pancakes, crepes, and waffles Batter, *Homemade Yorkshire pudding Egg noodles</p> <p>Scrambled egg (firm) Hard Boiled /fried/poached egg. Scotch egg Omelette/ frittata Eggfried rice. Quiche and flans *Duchess potato</p> <p>Heated sauces e.g., Hollandaise sauce Egg custard, Crème caramel Crème Brulée</p> <p>Nougat and Nougat confectionary e.g., mars</p> <p>*Hard Meringue/pavlova</p> <p>Later stage introduction: *Loosely cooked scrambled egg or omelette *Carbonara Sauce *French toast *Welsh rarebit</p>	<p>Mayonnaise and mayonnaise - basedsauces, e.g., Horseradish sauce, tartar sauce, ranch dressing Salad cream, coleslaw Dippy/uncooked boiled/fried/poached egg.</p> <p>Sorbet, Cold / hot Souffle Luxury and fresh ice cream e.g., BenJerry, Haagan Daaz Soft meringue (lemon meringue, pavlova) Fresh Mousse and other uncooked desserts</p> <p>Sushi Tartare steak Confit Egg, Florentine pizza, eggs benedict</p> <p>Soft Mallow e.g., snowball, teacake Royal and fondant icing /decorations Raw cake mixture Homemade marzipan Fondant confectionary e.g., crèmeegg Uncooked egg white powder</p> <p>Cocktails / drinks e.g., Advocaat</p> <p>Pasteurised egg</p>

- Each stage to be tried in small amounts first. Reduce to lower stage/smaller amount if symptoms.
- * these foods may cause allergic reaction depending on degree of cooking (fully cooked = less allergen)

