EGG LADDER: How much food should you give your child?

Step	Amount of food	Advice on progression
1	Grain of rice size (400mg)	Give the food at LEAST 3 times per week once tolerated Increase each stage weekly, if possible and tolerated
2	Pea size (1g)	
3	Teaspoon size (5g)	
4	Tablespoon size (15g)	
5	¼ portion (age appropriate)	
6	½ standard portion	
7	Full standard portion	

How do I treat an allergic reaction?

- Give an antihistamine if a rash or swelling develops and follow your allergy management plan (if you have one). Symptoms should resolve within half an hour.
- In the unlikely event of breathing problems or faintness, ring 999 to call for an ambulance stating anaphylaxis (ana-fi-laxis). Inform your allergy health professional.
- Do not challenge them again and contact your GP or the allergy team for further advice.

Where can I find more information?

Hospital Egg Allergy information leaflet and Egg Challenge leaflet, see www.northwestallergy.nhs.uk

How can I contact you if I need to?

NHS
North West Paediatric Allergy Network

Gradual introduction of Egg (Egg ladder)

Information for Parents and Carers

Egg reintroduction should only be performed in conjunction with advice from your doctor or dietitian

The *North West Paediatric Allergy Network* accepts no responsibility for adverse allergic reactions that occur during reintroduction of egg products

www.allergynorthwest.nhs.uk

2025 version, for review 2028
Guidelines - North West Paediatric Allergy Implementation Group
This information should be used in conjunction with advice from a medical professional

The egg ladder is used routinely in allergy practice and likely to help your child outgrow their allergy faster.

Points to remember

- DO NOT attempt reintroduction of egg products at home if your
- your child has previous suffered from breathing problems or floppiness after eating egg or egg containing products
- this egg ladder can be used for children who have previously suffered from delayed skin or gastrointestinal reactions, as well as in children who have had hives or skin swellings
- ensure your child is well when introducing egg. If your child has been wheezy recently or has taken antihistamines in the last 5 days wait until they are better. DO NOT increase food portions or introduce new foods when your child is unwell
- start at the step you have been advised by your doctor or dietitian. Your child may already be tolerating some foods of the ladder, so you can then progress from there
- if your child reacts to an increase in amount/frequency of egg protein please DO NOT stop completely, but go back to the previously tolerated stage until further review by your health professional
- wheat free/milk free options of the egg ladder are available and should be discussed with your dedicated health professional

Stop the challenge if any of the following develop

- red, itchy rash (hives)
- swellings
- vomiting / tummy pain / loose stools
- noisy breathing, wheeze / persistent cough
- dizziness / feeling faint / floppiness

EGG LADDER: Which foods should you give your child?

Step	Which egg products should I give my child? **Choose one from each step**
1	**Baked Egg in a flour matrix** • 1 fairy cake; 1 slice banana bread; 1 slice of gluten free bread (containing egg) • 1 shop bought Yorkshire pudding/scotch pancake/waffle/meatballs • 40g dried egg pasta/noodles
2	**Baked egg in other foods** • egg glaze on pastry, sausage/burger/ meatballs containing egg (vegetarian/meat based) • Quorn based products (vegetarian) • 40g fresh egg pasta
3	**Well-cooked whole egg** • one medium well cooked egg (Hard boiled) • well-cooked homemade pancake/Yorkshire pudding
4	**Lightly cooked egg** • 1 medium egg, scrambled/soft boiled/fried/ omelette • Egg custards/egg fried rice
5	**Undercooked/raw egg** • Royal/fondant icing; raw egg in cake mix, meringues, some ice creams/sorbets • Fresh mayonnaise

In composing this table manufacturing ingredients and cooking processes were checked and correct at the time of printing.