

Paediatrics

Allergy: Egg allergy fact sheet

Information for parents

Hen's egg allergy usually occurs in children under 5 years of age. It usually appears on their first exposure to egg. Around one third of children who are allergic to egg may also have eczema. Some children have other food allergies. About 85% of egg allergic children will have outgrown their allergy by their teens and approximately half will have done so by their third birthday.

Dietary management

Some children who are allergic to egg can eat small amounts of egg that is well baked (in cakes and biscuits for example) but not raw egg, whole egg or lightly processed such as mayonnaise or meringue. Children who can eat eggs in this form are more likely to outgrow their egg allergy and those children that are allergic to baked egg are less likely to grow out of their egg allergy.

Egg may be found in a wide range of foods, including:

- Cakes
- Biscuits
- Pastries
- Desserts
- Custard
- Meat products
- Salad dressings
- Glazes
- Egg pasta
- Battered or bread-crumbed foods
- Some ice creams
- Some chocolates
- Some sweets

Also, food labels with the below items may suggest the presence of egg so look out for:

- **Albumin**, which suggests the presence of egg;
- **Lysozyme**, which is an enzyme derived from egg;
- **Lecithin**, (E322), which may, in rare cases, be made from egg;
- **Emulsifier**, or binder may suggest egg has been used.

Vaccines

MMR vaccine

All children with egg allergy should receive their normal childhood immunisations, including MMR as routine by their family doctor/nurse. Studies on a large number of egg allergic children showed there was no increased risk of severe allergic reactions to the vaccine. Therefore even children with previous anaphylactic reactions can have their MMR.

Flu vaccine

Egg allergic individuals can be given egg free vaccine if available or low egg content at their G.P surgery (injected).

Following the SNIFFLE study, the advice for nasal influenza vaccine is that children with egg allergy can safely be vaccinated in any setting and this includes children with previous anaphylaxis to egg. The only exception is children that have had anaphylaxis to egg so severe that they required ventilation as a result. (If this is the case please discuss with your allergy team)

Yellow Fever and Rabies vaccine

There are special precautions for these two vaccinations so please discuss this with your allergy team.



Egg ladder

Resolution of egg allergy tends to occur in stages starting with tolerance to well-cooked egg (e.g. cake), then lightly cooked egg (e.g. scrambled), followed finally by raw egg.

1. Well-cooked egg	2. Lightly cooked egg	3. Raw Egg
<p>Cakes Biscuits</p> <p>Dried egg pasta</p> <p>Pancakes and Yorkshire pudding</p> <p>Egg in sausages: both vegetarian and meat varieties, and also in other processed meats such as burgers and prepared meat dishes.</p> <p>Well-cooked fresh egg pasta</p> <p>Quorn</p> <p>Sponges and sponge fingers</p> <p>Chocolate bars which contain nougat or dried egg e.g. Milky way or mars bar or crème egg</p> <p>Some soft-centred chocolates</p> <p>Chewits</p> <p>Egg in some gravy granules</p> <p>Dried egg noodles Cakes</p> <p>Some biscuits Waffles</p> <p>Commercial marzipan</p>	<p>Scrambled egg Boiled egg Fried egg Omelette</p> <p>Egg fried rice Meringues</p> <p>Some marshmallows Lemon curd</p> <p>Quiche Poached egg Pancakes Egg in batter</p> <p>Egg in breadcrumbs for example on fish fingers and chicken nuggets</p> <p>Hollandaise sauce Quiche and flans</p> <p>Egg custard and egg custard tarts</p> <p>Crème Brulee 'Real'custard</p> <p>Yorkshire pudding: some patients who can eat well-cooked egg can tolerate these, but it depends on how well cooked they are and if they contain any 'sticky' batter inside</p> <p>Tempura batter</p>	<p>Fresh mayonnaise</p> <p>Fresh mousse and shop-bought mousse which contains egg</p> <p>Sorbet</p> <p>Royal icing (both fresh and powered icing sugar)</p> <p>Home-made marzipan Raw egg in cake mix and other dishes awaiting cooking (children of all ages love to taste or lick the spoon)</p> <p>Egg glaze on pastry</p> <p>Horseradish sauce Tartare sauce</p> <p>'Frico' edam cheese or other cheeses containing egg white Lysozyme Mayonnaise Salad cream</p>

Additional Information

The Anaphalaxis Campaign is a national charity that can provide support and information. Helpline 01252 542029 www.anaphalaxis.org.uk

Additionally, if you have any other questions or require further information, please contact **Sarah Pitts or Louise Bashford, the Paediatrics Allergy Nurses via email at Childrensallergy@uhcw.nhs.uk.**

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact Childrensallergy@uhcw.nhs.uk and we will do our best to meet your needs.

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To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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Reference

A.T Clark, I Skypala, S.C. Leech et al British Society for allergy and Clinical Immunology guidelines for the management of egg allergy. Clinical and Experimental Allergy, 40
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