

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. About 1 in 2 egg allergic children will have done so by their third birthday.

Please note that we do ask a parent (with parental responsibility) to accompany their child to this appointment.

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. Those children that are allergic to baked egg are less likely to grow out of their egg allergy.



Patient Information

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. 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

Children with egg allergy can safely receive nasal influenza vaccine in any setting (SNIFFLE study). This includes children with previous anaphylaxis to egg.

The only exception is children that have had anaphylaxis to egg so severe they required ventilation as a result. If this is the case, please discuss with your allergy team.

Very few children need injectable the 'flu vaccine. But if this is required, it should be egg free or low egg (criteria are published annually).

Yellow fever and rabies vaccine

There are special precautions for these two vaccinations. Please discuss it 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.

Well cooked egg

Early-stage Introduction:

- Cakes (1 egg to 8 cakes)
- Hard Biscuits
- TUC crackers
- Dried egg pasta
- Pancakes and Mini frozen yorkshire pudding
- Pastry containing egg (sausage roll, pie, choux)
- Trifle sponge/Jaffa cake
- Yorkshire pudding
- Breadcrumb coating e.g. on nuggets /fishfingers
- Wheat free bread/bread sticks

Later stage introduction:

- Bread containing egg such as, 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
- Egg in sausages

Patient Information

- vegetarian and meat varieties, and in other processed meats such as burgers and prepared meat dishes.
- Well-cooked fresh egg pasta
- Quorn
- Sponges and sponge fingers
- Chocolate bars which contain nougat or dried egg, such as milky way or mars bar or crème egg
- Some soft-centred chocolates
- Chewits
- Egg in some gravy granules
- Dried egg noodles Cakes
- Some biscuits Waffles
- Commercial marzipan

Lightly cooked egg

Early-stage Introduction:

- Homemade pancakes, crepes, waffles
- Batter
- Homemade Yorkshire Puddings
- Egg noodles
- Firm Scrambled egg
- Hard Boiled egg, fried, poached egg
- Fried egg Omelette
- Scotch egg
- Frittata
- Egg fried rice
- Quiche and flans
- Duchess Potatoes
- Heated sauces such as, hollandaise sauce
- Egg custard, crème caramel crème brulee
- Nougat and nougat confectionary such as, mars
- Hard meringue/pavlova

Patient Information

Later stage Introduction:

- Loosely cooked scrambled egg or omelette
- Carbonara sauce
- French toast
- Welsh rarebit
- Meringues
- Some marshmallows Lemon curd
- Quiche Poached egg Pancakes Egg in batter
- Egg in breadcrumbs for example on fish fingers and chicken nuggets
- Hollandaise sauce Quiche and flans
- Egg custard and egg custard tarts
- Crème Brulé 'Real 'custard
- 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
- Tempura batter

Raw egg

- Fresh mayonnaise and mayonnaise-based sauces such as, horseradish, tartar, ranch dressing
- Salad cream, coleslaw
- Dippy/uncooked/boiled/fried/poached egg
- Sorbet
- Salad cream, coleslaw
- Dippy/uncooked/boiled/fried/poached egg
- Sorbet
- Cold/hot souffle
- Luxury and fresh ice cream such as, Ben&Jerry, Haagen Dazs
- Soft meringue (lemon meringue/pavlova
- Fresh mouse and other uncooked deserts
- Sushi

Patient Information

- Steak Confit
- Egg Florentine Pizza
- Eggs Benedict
- Soft Mallow e.g. snowball, teacake, Royal and fondant icing/decorations
- Raw cake mixture - children love to lick the spoon!
- Homemade marzipan
- Raw egg in cake mixes and other dishes awaiting cooking (children of all ages love to taste or lick the spoon)
- Egg glaze on pastry
- Horseradish sauce Tartare sauce
- 'Frico' edam cheese or other cheeses containing egg white Lysozyme
Mayonnaise
- Salad cream

More information

The Anaphalaxis Campaign is a national charity that can provide support and information.

Helpline: 01252 542029

www.anaphalaxis.org.uk.

If you have any other questions or would like more information, please contact the Paediatrics Allergy Nurses via email:

Childrensallergy@uhcw.nhs.uk.

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Childrensallergy@uhcw.nhs.uk and we will do our best to meet your needs.

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