

## Egg Allergy Parent Advice Sheet

Egg allergy occurs in approx 2% of young children, and most children will out grow it before they are about 6 yrs. There is no medication available to cure food allergy. We know that most children who cannot eat ordinary egg can safely take egg in the form of cakes, biscuits and breads, by introducing baked egg in this form it can help the child to become fully tolerant of regular egg over time, therefore the food is the medicine! to help the child outgrow their allergy to egg.

After consultation with the allergy team your child has been deemed suitable for the home introduction of baked egg. This will start gradually and the idea is that your child will eat a food every day with baked egg,. Frequent exposure to the baked goods will “trick” your child’s body/ immune system into liking/ accepting the food and the body will eventually accept the regular egg. The heat of the oven changes the protein structure of the egg while baking the goods so the egg in its baked form is less allergenic than a scrambled or boiled egg.

Please refer to [www.ifan.ie](http://www.ifan.ie) for more information on egg allergy.

Ensure preparation of the baked goods occurs in the absence of the child, maybe when they are gone to bed.

### HOME INTRODUCTION OF BAKE EGG

- Choose a time and a day that suits the child and family.
- Do not do on a day that the child is unwell or scheduled to take vigorous exercise later in the day.
- Have oral antihistamines available.
- **Day 1** :Divide the cake/ slice of bread into quarters then give  $\frac{1}{2}$  of the  $\frac{1}{4}$
- **Day 2** : give  $\frac{1}{4}$
- **Day 3** : give  $\frac{1}{2}$
- **Day 4** : give  $\frac{3}{4}$
- **Day 5** : give full amount
- Children must be observed for any signs of a reaction.
- Stop at the first sign of a reaction: e.g. swollen lip, itching, redness, nettle sting type rash, vomiting, wheezing. Give antihistamines. If not improving, seek medical attention.

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**Outcome 1** If all goes well continue to give the child the similar amount starting every second day and working up to every day over the next few weeks. It would be helpful to make large batches of baked goods that you can store in the freezer and have them to hand.

**Outcome 2** If there is a reaction consider making a more dilute recipe with less egg, please contact allergy clinic for further advice and if you are concerned about your child seek prompt medical attention.

## Sample recipes

### Fairy Cakes

175g/6 tablespoons Self Raising Flour

125g/4 tablespoons Caster Sugar

125g Margarine (half a block)

2 Eggs

2 tablespoons cold Water

#### Method

1. Ensure oven is fully preheated to 200°C, Gas 6.
2. Next, put bun paper cases into bun tins.
3. Put the flour, sugar, margarine, eggs and water into a bowl. Beat all the ingredients together with an electric mixer or wooden spoon until the mixture is smooth.
4. Put heaped teaspoons of the mixture into each bun case.
5. Place in the oven on the top shelf and bake for about 15 minutes until golden brown.
6. Cool on a wire tray.

**If your child has a milk or wheat allergy please substitute the ingredients to the products your child is ok with.**

## Traditional Brown Soda Bread

### Ingredients

- 250g wholemeal flour
- 200g plain white flour
- 1 teasp. bread soda, sieved
- 1 teasp. salt
- 1 egg
- 350ml buttermilk, approx.
- 1 teasp. Honey

### To Cook

Preheat the oven to Gas Mark 6, 200°C (400°F).

Mix the flour, bread soda and salt together in a bowl. Combine the egg with the buttermilk and honey then mix into the flour. Add a little more buttermilk if the mixture is dry – it should be a soft dough. Then pour the lot into a lightly oiled loaf tin. Bake for 45-50 minutes. To know when it is cooked simply tap the bottom of the loaf – it will sound hollow when it is fully cooked. Remove from the tin and wrap in a clean tea towel while cooling. This will keep the crust soft.

**If your child has a milk or wheat allergy please substitute the ingredients to the products your child is ok with.**