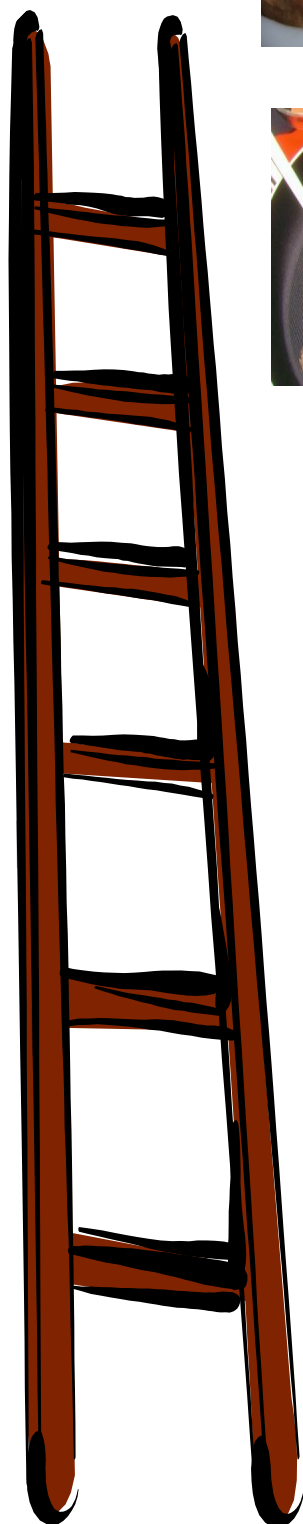


Egg ladder



Cracked eggshell

Utensils with raw cake mixture or raw egg

Processed meat/burger/sausage

Teacakes™ Milky Way™ Mars™ Snickers™

Crème Egg™ Chewits™

Hollandaise, Horseradish & Tartar sauces

Royal™ icing

Sorbet & Mousse

Mayonnaise/salad cream

Marshmallow-with egg (check label)

Meringue/fresh ice-cream

Crème caramel & Crème Brûlée

Scrambled egg

STEP 3 ALMOST RAW

Omelette

French Toast

Quiche

Yorkshire pudding-with egg (check label)

Fried/hardboiled egg

Cooked batter/tempura/breadcrumbs

Fresh egg pasta & fresh egg noodle

STEP 2 LIGHTLY COOKED

Pancake

Dried egg pasta

Waffle biscuit

Boudoir™ & Lady's finger™ biscuits

Baked sponge/muffin/cake/biscuit

STEP 1 WELL COOKED

Egg ladder

A health care professional (HCP) should support you until the Ladder has been successfully climbed. This may be a dietitian, nurse or doctor.

Before starting this ladder and **before** progressing up a step:

1. Please ensure that your child is well and their “usual self”. Any asthma, eczema and /or gastrointestinal symptoms should be settled.
2. If your child cannot or will not eat any of the foods suggested on a particular step 1, 2 or 3, do not progress any further up the ladder from step 1-2 or from step 2-3 without first discussing with your HCP.

Practical pointers

- The ladder has 3 big steps, starting at the bottom moving to the top. Each big step contains a number of smaller steps or rungs representing food examples to be taken in a certain order.
- You need to be advised which step of the ladder you should start on. The time spent on each step will vary from one child to another (e.g. 1 day or 1 month) and should be discussed and agreed with you.
- There are no amounts given as a guide - this should be discussed and agreed with your HCP.
- If the food on any step of the ladder is tolerated, your child should continue to consume this (as well as all the foods in the previous steps) at least 3 days a week and then try the next food suggested.
- If your child does not tolerate the food in a particular step, just drop back one small step/rung to the previous one. **DO NOT** just go back to the bottom of the ladder.
- Contact your HCP for advice on when to retry the next step again.