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 Brulé
Scrambled egg

STEP 3 ALMOST RAW

Omelette
French Toast
Quiche
Yorkshire pudding-with egg (check label)
Fried/hardboiled egg
Cooked batter/tempura/breadcrumb
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

This ladder is a 2-page guide intended as an educational aid and is designed with the aim of working towards inducing tolerance in those who are egg allergic. Please consult both pages. www.ian.ie IFAN 2018
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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.