

Box 1

Recommendations for dietary introduction of baked egg after passing oral food challenge

Baked Egg Instructions

Your child has passed a physician-supervised OFC to baked egg and is now approved to eat baked/extensively heated egg products at home and should do so on a regular basis.

Continue to carry your epinephrine autoinjector at all times. If your child has an allergic reaction to baked egg, administer appropriate care and document what your child ate (ingredients, food preparation) and his or her symptoms. Please call our office once your child is stable to evaluate your child's reaction. Avoid eating baked egg until you speak with your allergist.

We recommend that your child eat at least 1 serving of baked egg per day in the following forms:

- Eat homemade baked goods with 1 egg per 1.0 c of flour. All homemade baked products should be baked at 350°F or greater for at least 30 minutes.
- All baked products should be cooked throughout, without soft or soggy areas.
- If your child is not allergic to wheat, wheat flour should be used (do not use gluten-free flours).
- Eat store-bought baked products with egg listed as a minor ingredient. Egg should be listed as the fourth ingredient or lower (not in the top 3) when viewing the list of ingredients.

Continue to STRICTLY AVOID any unbaked egg, including the following:

- Any store-bought baked product with egg listed as the first, second, or third ingredient
- Mayonnaise
- Creamy salad dressings (Caesar, ranch, blue cheese, Thousand Island, and so forth)
- Eggnog
- Meringue or meringue powder
- Ice creams containing eggs
- Hollandaise or béarnaise sauces
- Soufflé
- Quiche
- Deviled foods
- Marshmallow cream
- Angel food cake
- Eclairs, custard, mousse, frosting or whipped desserts containing eggs
- Bavarian cream, fondants, nougats, frosting or icings or other candies containing eggs
- Health drinks or orange Julius drinks made with eggs
- Scrambled eggs or other cooked eggs (hardboiled, scrambled, or poached)
- French toast, waffles, or pancakes (if egg is first or second ingredient)
- Egg noodles
- Foods breaded with egg, like chicken nuggets or other fried foods (unless reheated at $\geq 350^\circ$ for >30 minutes)