

Dietary Guidance – Baked/Heated Egg

After your child has passed a baked/heated egg challenge, here are guidelines on how and what foods to introduce into his or her diet. Start with at least 3 servings of the food type per week, with a goal of 1 serving per day, and a maximum of 3 servings per day.

Starting the day after the challenge:

1. Commercially-prepared (store-bought) foods with egg listed as an ingredient in the last half of the list. ANY “may contain” product is also fine.

Examples:

- Rolls, biscuits, breads, noodles/pasta (fresh or dried), pancakes, waffles
2. Also, any recipe for cakes, muffins, cupcakes, meatloaf, “quick breads” (banana, pumpkin, zucchini), or other foods baked at 350 degrees for at least 25 minutes.

After 2-3 months on the above foods (and no reactions):

1. Homemade (on the griddle) pancakes and waffles. Egg bagels.
2. Baked foods that are baked for less than 25 minutes, such as brownies, cookies, pies, and some casseroles.

NOT allowed (unless in a baked good as above): contain concentrated, less cooked egg
French toast

Mayonnaise, Custards, Ice cream made with egg, meringues

Quiches, frittatas

Scrambled eggs, hard-boiled eggs, omelets, etc

If you have additional questions about the above information, or about a specific food not listed above, call our office at (717)531-1846, option #1.