



Introducing BAKED EGG at home after the successful challenge

When your child has passed the baked egg challenge, he or she will be able to eat baked products with egg as an ingredient. Should your child develop an allergic reaction to a food that contains baked egg, please record the offending food, amount eaten, preparation technique, and symptoms, and contact our office at your earliest convenience.

Your child MAY NOW EAT the following:

- Store-bought baked products with egg/egg ingredients listed as the third ingredient or further down the list of ingredients.
- Home baked products that have no more than one third of a baked egg per serving. For example, a recipe that has 2 eggs/batch of a recipe that yields 6 servings.
- Remember to check store-bought products and ingredients on the basis of your child's food allergies to avoid a reaction to other foods he/she is allergic to.
- All baked products must be baked throughout and not be wet or soggy in the middle.

Your child SHOULD CONTINUE TO AVOID unbaked egg and egg based foods such as the following:

- Baked products with egg listed as first or second ingredient
- Certain salad dressings such as Caesar or Ranch
- Custard
- Eggs in any form such as hard-or soft-boiled, scrambled, or poached
- Egg noodles
- French toast/pancakes
- Homemade waffles
- Frosting containing egg
- Ice cream
- Mayonnaise
- Quiche

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