



Allergy and Asthma Associates, P.A.

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Facts about Egg Allergy and Baked Egg Challenges

Most kids with egg allergy will outgrow their sensitivity and typically do so in the first decade of life.

Children with egg allergy usually become tolerant of extensively heated egg (“baked egg” in muffins, cake, casseroles) before they lose their allergy to moderately heated egg (e.g., cookies, waffles, pancake). Typically, the last egg allergy to resolve is that to least cooked egg (e.g., scrambled egg).

Children with egg allergy who have been found to tolerate baked egg and then have it commonly in the diet tend to outgrow their remaining egg allergy more quickly than do egg-allergic kids who remain rigidly restricted from all egg sources. So, allowing baked egg, if tolerated, in the diet offers more nutritional variety and is therapeutic!

A food challenge with baked egg should be performed in the allergist’s office. Kids who pass a baked egg challenge and then consume it routinely in the diet then can be offered the lesser cooked forms of egg at home (rather than with an in-office challenge), starting with the moderately heated forms like waffle or pancake. Such advancement usually starts many months after the successful introduction of *baked* egg. We will advise you when the time seems right to try lesser cooked forms of egg.

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