

CANADIAN EGG LADDER

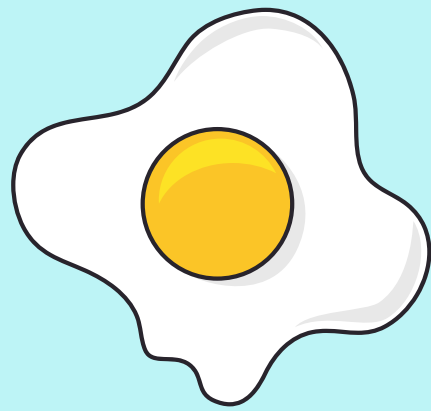


for hen's egg allergy

INSTRUCTIONS

- Start at Step 1 and work your way up to Step 4
- The food should be given daily. May be taken with a meal
- Start with a grain or pea sized amount, and over several days or weeks gradually increase to an age appropriate amount (the amount you think your child would eat in a sitting)
- Once at an age appropriate amount, spend a minimum of 1-3 months in each category, before advancing on to the next Step
- If after advancing to the next amount or step there are allergic symptoms, then go back to the lower amount or Step for a month before re-trying the higher category

Step 4.
(OPTIONAL)

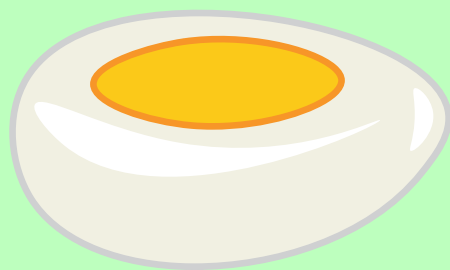


Sunny Side Up, Soft Boiled, or Lightly Scrambled Egg

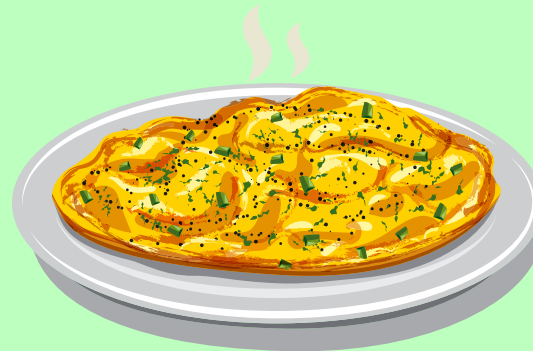


Raw Egg
(e.g. ice cream, meringue, buttercream, cookie dough, mayonnaise)

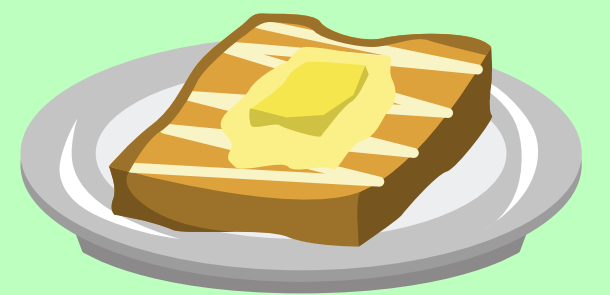
Step 3.



Hard Boiled or Steamed Egg



Well-Cooked Scrambled Egg

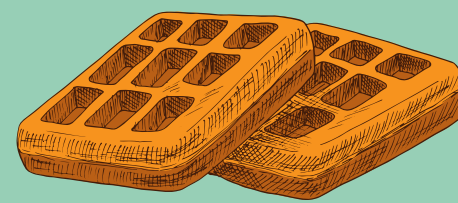


French Toast

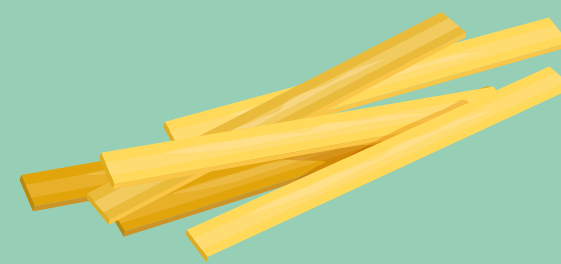
Step 2.



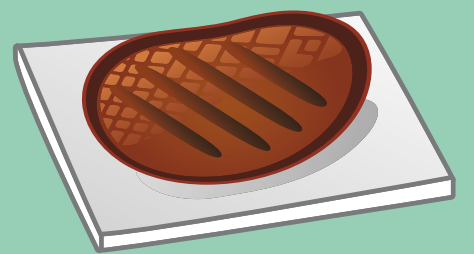
Pancake or Crêpe



Waffle



Fresh Egg Noodles/ Pasta



Egg as a Binder
(e.g. hamburger patty, dumplings)

Step 1.

Baked Goods with Egg Ingredients



muffin or cupcake



well-baked cookie



Dried Egg Noodles/ Pasta