

CANADIAN EGG LADDER



for hen's egg allergy

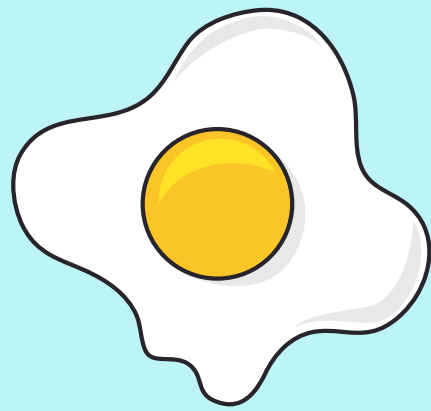
To participate in our study on food ladders go to <https://bit.ly/2J4Tp7C> or access our survey by scanning the QR code with your mobile phone camera:



INSTRUCTIONS

- Start at Step 1 and work your way up to Step 4
- Give the food 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
- Once at an age appropriate amount, spend a minimum of 1-3 months in each category, before advancing on to the next category
- If after advancing to the next category there are allergic symptoms, then go back to the lower category for a month before re-trying the higher category

Step 4.
(OPTIONAL)

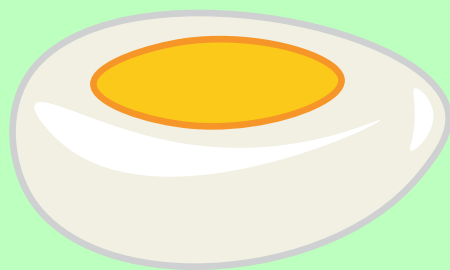


Sunny Side Up, Soft Boiled, or Lightly Scrambled Egg

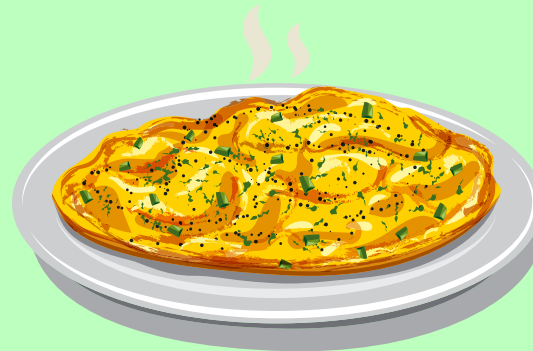


Raw Egg
(e.g. ice cream, meringue, buttercream, cookie dough, mayonnaise)

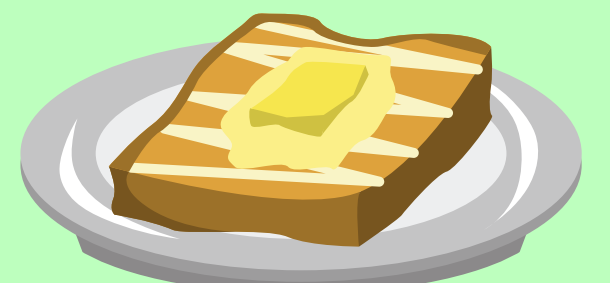
Step 3.



Hard Boiled or Steamed Egg



Well-Cooked Scrambled Egg

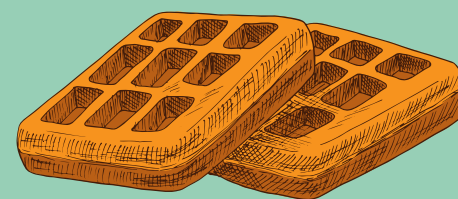


French Toast

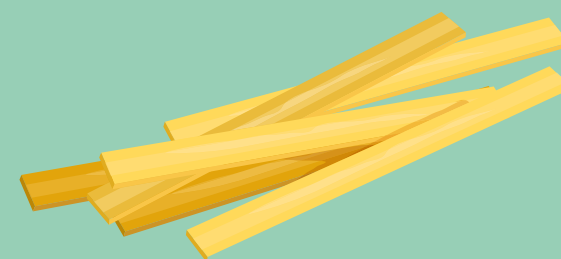
Step 2.



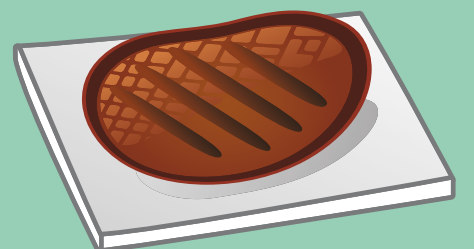
Pancake or Crêpe



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