

# 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**