

ALLERGY LADDERS: THE STEP BY STEP GUIDE FOR EGG

The Golden Rules of Ladders

Rule 1: Once you start the ladder, don't stop the ladder.

- You can't outgrow the allergy without including the allergen.
- When your child reacts to an allergen, don't stop the ladder. Instead, pause and go back to the previously tolerated step.
- If you stop the ladder entirely, your child loses the ground already made.

Rule 2: The ladder is compounding, it's not one step at a time.

- Once your child tolerates a step, that food can now be added to the diet liberally (min. twice per wk) - eg when you pass step 1, include the allergen twice that week of commencing step 2.
- By the time you reach the top of the ladder, you've slowly increased the load of the allergen in the diet.
- If you do the ladder one step at a time, the child's body will become overwhelmed from all the changes at once.
- By gradually building on tolerance, your child gets used to a steady build of that allergen in the diet.

What If My Child Fails

- Failure is when your child reacts like previously - eg blood in stool, mucus, eczema, congestion, loose poos, constipation.
- Failing is inevitable and it's a part of the process.
- When they fail a step, pause on the ladder and go back to the previously tolerated level for 2 months.
- If you reacted on $\frac{1}{2}$ a portion step 2, pause for 2 months including $\frac{1}{4}$ portion step 2, and full portion step 1 twice per week.
- Eg - if you reacted to 1 sausage, pause and include either/or baked egg and $\frac{1}{2}$ sausage for 2 months (min. of twice per wk).

The Steps of the Egg Ladder

| | | | |
|--|---------------------------|---------------------------|----------------------------|
| STEP 5: MAYO | 1/4 portion for 3 days | 1/2 portion for 3 days | Full portion for 3 days |
| <p>+ BAKED EGG FOOD/MEAT/HARD BOILED EGG/SCRAMBLED EGG twice this week. Top tip - give scrambled egg.</p> | | | |
| STEP 4: SCRAMBLED EGG | 1/4 portion for 3 days | 1/2 portion for 3 days | Full portion for 3 days |
| <p>+ BAKED EGG FOOD/MEAT/HARD BOILED EGG twice this week. Top tip - give hard boiled egg.</p> | | | |
| STEP 3: HARD BOILED EGG | 1/4 portion for 3 days | 1/2 portion for 3 days | Full portion for 3 days |
| <p>+ BAKED EGG FOOD/MEAT twice this week. Top tip - give egg in meat food.</p> | | | |
| STEP 2: EGG IN MEAT | 1/4 portion for 3 days | 1/2 portion for 3 days | Full portion for 3 days |
| <p>+ BAKED EGG FOOD twice this week. Eg - burger, sausage (or vegetarian alternative)</p> | | | |
| STEP 1: BAKED EGG | 1/4 portion for 3 days | 1/2 portion for 3 days | Full portion for 3 days |
| <p>Eg - cake, muffin, banana bread, 40g egg pasta</p> | | | |
| <p>*For multiple allergies, find alternatives on Coles/Woolworths website eg soy & milk-free baked good, cooked meat, mayo</p> | | | |