



## The Six Food Elimination Diet for Eosinophilic Esophagitis

### What is eosinophilic esophagitis (EoE)?

Eosinophilic esophagitis or 'EoE' is a chronic inflammatory disorder of the esophagus where there is the presence of many special white blood cells, called 'eosinophils.' EoE is triggered by allergens in foods and likely also environmental allergens that are breathed in or swallowed. Long term treatment of EoE includes topical swallowed steroids or a special diet.

### Symptoms of EoE can include:

#### In Adults

- Trouble swallowing
- Food impaction
- Reflux

#### In Children

- Trouble swallowing
- Nausea and vomiting
- Pain in abdomen

### Why are the foods I eat important with EoE?

EoE is a different kind of allergic reaction compared to other food and environmental allergies, but can share the same triggers. Elimination diets aim to remove likely triggers from the diet to improve the medical condition. The goal then is to add back in safe foods to improve diet variety and taste. A dietitian can help counsel you on a diet treatment for EoE. This is to make sure you are still getting the nutrition you need as you cut out several foods from your diet.

### What is the Six Food Elimination Diet?

This diet is used to see if one or more of the most common food allergens is a trigger for your EoE symptoms. It works very well. It also may be cheaper, and easier to follow than other diet options for EoE. Below are steps to complete the diet:

1. Take the top 6 most common food allergens out of your diet for 6 weeks (milk products, eggs, wheat, soy, peanut/tree nuts, and fish/shellfish).
2. These foods are then brought back into the diet, one at a time, for a 2 week trial each. You are evaluated again after each food is brought back into your diet.

*\*\*\*To make sure the diet works well, you should follow up with the dietitian half way through and when you finish the diet trial.*

## Common Foods and Ingredients of Food Allergens:

These are the most common allergens and should be clearly labeled by law on all products.

<b>Milk</b>			
Foods		Ingredients	
• Butter	• Cow's milk	• Casein	• Lactulose
• Cheese	• Pudding	• Diacetyl	• Recaldent
• Cream	• Sour Cream	• Lactalbumin	• Rennet Casein
• Custard	• Yogurt	• Lactoferrin	• Tagatose
• Half and Half	• Goat's Milk	• Lactose	• Whey
<b>Eggs</b>			
Foods		Ingredients	
• Eggs	• Surimi	• Albumin	• Globulin
• Eggnog	• Egg Substitutes	• Lysozyme	• Ovovitellin
• Mayonnaise	• Beware of	• Ovalbumin	
• Meringue	baked goods, puddings	• Lecithin	
<b>Wheat</b>			
Foods		Ingredients	
• Bread	• Most Flours	• Bulgar	• Kamut
• Couscous	• Pasta	• Durum	• Matzoh
• Crackers	• Pizza Crusts	• Einkorn	• Semolina
• Instead purchase gluten/wheat free items made from potato, rice, tapioca		• Emmer	• Spelt
		• Farina	• Triticale
<b>Soy</b>			
Foods		Ingredients	
• Edamame	• Soy Sauce	• Soy	• Textured Vegetable Protein
• Miso	• Tamari	• Soy Flour	
• Natto	• Tempeh	• Soy Fiber	• May be in
• Shoyu	• Tofu	• Soy Protein	vegetable gums, starches, and broth
• Soybean	• Quorn		
<b>Nuts and Tree Nuts</b>			
Food		Ingredients	
• Avoid all nuts	• Lychee	• Nut Meal	• Nut Extracts
• Seeds okay		• Nut Meat	• Nut Paste
		• Nut Milk	• Peanut Oil
<b>Seafood and Shellfish</b>			
Food		Ingredients	
• Avoid all fish	• Crab, Crayfish	• Check imitation fish	
• Krill	• Lobster	• Fish Stock/Sauce	• Surimi
• Barnacle	• Shrimp, Prawns	• Seafood flavoring	• Bouillabaisse

**So what can I eat?**

- ✓ Chicken
- ✓ Beef
- ✓ Game Meats
- ✓ Turkey
- ✓ Lamb
- ✓ Pork
- ✓ Beans
- ✓ Lentils
- ✓ Most people allergic to soy can safely eat soy lecithin
- ✓ Rice (Brown, Wild, White)
- ✓ Potato (Russet, Red, Sweet)
- ✓ Quinoa
- ✓ Millet
- ✓ Amaranth
- ✓ Buckwheat
- ✓ Some gluten-free labeled foods
- ✓ Gluten-free oats
- ✓ Fruits and vegetables
- ✓ Barley and rye
- ✓ Seeds
- ✓ Oils (olive, sunflower, canola)
- ✓ Most coffee and tea
- ✓ Rice or coconut milk
- ✓ Vinegar
- ✓ Foods with allowed ingredients

**Sample Menu**

	Day One	Day Two
Breakfast	Gluten free oatmeal with berries, side of breakfast meat.	Smoothie with coconut milk, banana, peaches, spinach, ground flax seeds.
Lunch	Green salad with chicken, black beans, quinoa, salsa, and avocado	Hummus and veggies on bread with allowed ingredients, side of fruit
Dinner	Pot roast with potatoes, carrots, and side green salad	Black bean tacos on corn tortilla, side of grilled veggies
Snack	Fruit, rice cake with sunflower butter	Plain potato chips, rice milk ice cream

**Nutrition Tips for the Six Food Elimination Diet**

- Always read food labels. Foods must say whether they contain the top food allergens. This is found in a “Contains Statement” (i.e. “Contains wheat and eggs”). Some food labels have a “May Contain” statement. In this case, you should call the manufacturer to find out more. When in doubt, avoid the product.
- We suggest a hypoallergenic daily multivitamin during the diet trial. Make sure it does not contain the top six food allergens.
- Aim for the best diet variety that you can. This will help you get all the vitamins and minerals your body needs to function.
- Avoid cross contamination. This happens when a food comes into contact with another food. Reduce the chance of this happening by washing your hands often, avoiding bulk bins, and taking special care in the kitchen (like using a separate toaster for your bread). Risk of cross contamination is high at restaurants. It may be best to avoid restaurants while on this diet.