



Department of Gastroenterology
484 Golden Autumn Way Suite 201
Bowling Green, KY 42103
Phone: (270) 781-5111 Fax: (270) 780-0475
www.gravesgilbert.com/departments/gastroenterology

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? (DHC Swallowing Clinic Preferred EoE 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. At 6 weeks into the diet, we will review symptoms. We also perform an EGD (Esophagogastroduodenoscopy) with biopsy to retest the esophagus for inflammation or narrowings.
3. 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. The diagram on page 4 shows the complete process.

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



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Common Foods and Ingredients of Food Allergens:

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

Milk

Foods

- Butter
- Cheese
- Cream
- Custard
- Half and Half
- Cow's Milk
- Pudding
- Sour Cream
- Yogurt
- Goat's Milk

Ingredients

- Casein
- Diacetyl
- Lactalbumin
- Lactoferrin
- Lactose
- Lactulose
- Recaldent
- Rennet Casein
- Tagatose
- Whey

Eggs

Foods

- Eggs
- Eggnog
- Mayonnaise
- Meringue
- Surimi
- Egg Substitutes
- Beware of baked goods, puddings

Ingredients

- Albumin
- Lysozyme
- Lecithin
- Globulin
- Ovovitellin
- Ovalbumin

Wheat

Foods

- Bread
- Couscous
- Crackers
- Instead purchase gluten/wheat free Items made from potato, rice tapioca
- Most Flours
- Pasta
- Pizza Crusts

Ingredients

- Bulgar
- Durum
- Einkorn
- Emmer
- Farina
- Kamut
- Matzoh
- Semolina
- Spelt
- Triticale

Soy

Foods

- Edamame
- Soy Sauce

Vegetable

- Miso
- Natto
- Shoyu
- Soybean
- Tamari
- Tempeh
- Tofu
- Quorn

Ingredients

- Soy
- Soy Flour
- Soy Fiber
- Soy Protein
- Textured Protein
- May be in vegetable starches and broth



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Nuts and Tree Nuts

Food

- Avoid all nuts
- Lychee

Extracts

- Seeds okay

Ingredients

- Nut Meal
- Nut
- Nut meat
- Nut Milk
- Nut Paste
- Peanut Oil

Seafood and Shellfish

Food

- Avoid all fish
- Crab, Crayfish
- Krill
- Lobster
- Barnacle
- Shrimp, Prawns

Ingredients

- Check imitation fish
- Fish Stock/Sauce
- Seafood Flavoring
- Surimi
- Bouillabaisse

So what can I eat?

- Chicken
- Beef
- Game Meats
- Turkey
- 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 – Breakfast – Gluten free oatmeal with berries, side of breakfast meat.

Day One – Lunch – Green salad with chicken, black beans, quinoa, salsa and avocado

Day One - Dinner – Pot roast with potatoes, carrots and side green salad

Snack – Fruit, rice cake with sunflower butter

Day Two – Breakfast – Smoothie with coconut milk, banana, peaches, spinach, ground flax seeds

Day Two – Lunch – Hummus and veggies on bread with allowed ingredients, side of fruit

Day Two – Dinner – Black beans tacos on corn tortilla, side of grilled veggies

Snack – Plain potato chips, rice milk ice cream



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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.