

6 Food Elimination Diet

For EoE (Eosinophilic Esophagitis)

What is EoE?

EoE is a chronic inflammatory disorder of the esophagus where there is a presence of white blood cells, called eosinophils. EoE is triggered by allergens in certain foods and environmental allergens that are breathed in or swallowed.

Diet's role in EoE

EoE is a different type of allergic reaction compared to other food and environmental allergies but can share similar triggers. An elimination diet removes likely triggers from the diet to improve the symptoms. The long-term goal is to maintain as liberal of a diet as possible by adding back in safe foods to improve diet variety.

6 common allergens are:

Milk
Eggs
Wheat
Soy
Peanuts/tree nuts
Fish/shellfish

How to start the diet

1. Remove the 6 allergens from your daily eating. Working with a dietitian can help assure you are getting well balanced meals.
2. At 6 weeks, your symptoms will be reviewed. You may also have an EGD (esophagogastroduodenoscopy) performed with biopsy to retest the esophagus for inflammation or narrowing.

Each food group is introduced one at a time for a 2-week trial each. Your health care team will help you evaluate the connection between food allergens and your symptoms



A Registered Dietitian can help tailor a meal plan to your lifestyle. Please call 303-614-1070 to schedule an appointment.

Foods and Ingredients to be Avoided

Milk

- **Food Sources:** Butter, Cheese, Cow's Milk, Cream, Custard, Goat's Milk, Half and Half, Kefir, Pudding, Sour Cream, Yogurt
- **Ingredients:** Casein, Diacetyl, Lactoalbumin, Lactoferrin, Lactose, Lactulose, Recaldent, Rennet Casein, Tagatose, Whey

Egg

- **Food Sources:** Eggs, Eggs in baked goods, Egg Substitute, Mayonnaise, Meringue
- **Ingredients:** Albumin, Globulin, Lecithin, Lysozyme, Ovalbumin, Ovovitellin

Wheat

- **Food Sources:** Bread, Cous Cous, Crackers, Wheat Flour, Pasta, Cakes/Cookies, Biscuits, Wheat Tortillas, Pizza Dough, Beer, Seitan
- **Ingredients:** Bulgur, Durum, Einkorn, Emmer, Farina, Kamut, Matzoh, Semolina, Spelt, Triticale

Soy

- **Food Sources:** Edamame, Miso, Natto, Shoyu, Soybean, Soy sauce, Tamari, Tempeh, Tofu, Quorn
- **Ingredients:** Soy, Soy Flour, Soy fiber, Soy protein, TVP (textured vegetable protein), Vegetable Gums, starches and broths

Nuts

- **Food Sources:** Almonds, Cashews, Walnuts, Peanuts, Macadamia Nuts, Pistachios, Brazil Nuts, Hazelnuts, Lychee
- **Ingredients:** Nut meal, Nut milk, Nut oil, Nut paste, Nut extracts

Fish and Shellfish

- **Food Sources:** All fish, Krill, Mussels, Oysters, Clams, Imitation Fish, Crab, Crayfish, Lobster, Shrimp, Prawns
- **Ingredients:** Fish Sauce, Fish Stock, Seafood Flavoring, Bouillabaisse

Label reading: Allergen Information

- Foods must say whether they contain the top food allergens. This is found in a "Contains Statement".
- Some food labels have a "May Contain" Statement. In this case, you should call the manufacturer to find out more information.
- Phrases such as "peanut-free" and "egg-free" are not regulated. Product labels can bear these phrases yet be manufactured in facilities where the allergens are present.
- If you encounter a product that does not have an ingredient list, do not buy it.
- Be cautious with imported foods. Imported foods should follow domestic food labeling laws, however may not.

INCLUDE-Keep These Foods in Your Diet

<p>Grains Rice (white, wild, brown), Potatoes, Sweet Potatoes, Barley and Rye, Corn, Quinoa, Millet, Amaranth, Buckwheat, Gluten Free Oats</p>	<p>Dairy Rice Milk, Pea Milk, Oat Milk, Hemp Milk, Coconut Milk, Coconut yogurt</p>	<p>Proteins Chicken, Turkey, Lamb, Pork, Beef, Sun Butter, Beans, Lentils, Seeds, Pea Protein, Brown Rice Protein</p>
<p>Fruit/Vegetables All types of raw, steamed, sautéed, juiced or roasted. Check ingredients on frozen vegetables with sauce/seasonings</p>	<p>Oils/Fats Olive Oil, Avocado Oil, Vegetable Oil, Coconut Oil</p>	<p>Condiments/Sweeteners Vinegar, Spices and Herbs, Stevia, Brown Rice Syrup, Agave, Honey, Table sugar, Mustard, Ketchup, Coconut Aminos</p>

Helpful Tips:

- Stock up on groceries before starting the diet. The first few days are often the most challenging.
- Think simple. Cook simple. Keep simple ingredients available.
- Minimize eating out for the duration of the diet. You have better control of ingredients when prepared at home.
- Freeze meals so you have a backup option.
- Consider using a protein drink or bar if you need to increase calories to prevent weight loss.
- Cook extra chicken, rice, and potatoes so you can assemble a quick meal.
- Meal plan and meal prep. Set aside an hour at the beginning of the week to chop vegetables, wash foods, and store in containers to help with meals throughout the week.
- Eat regularly: aim for 3 meals and 1-2 snacks as needed. Space meals every 4-5 hours
- Pack snacks for when you leave the house.
- Stay hydrated. Drink a minimum of 64 ounces of water daily.
- Be mindful of cross contamination with food to avoid. You may consider using your own utensils, cutting boards and toaster during the elimination phase.
- If taking communion at church, choose gluten free options.
- Check ingredients with any medications or supplements you are currently taking. You may consider consulting your pharmacist.

Nutrient Considerations: Calcium and Vitamin D

- Milk products are a great source of protein, calcium, Vitamin A, Vitamin D, and B vitamins. For young children, eliminating milk may impact their nutritional health. With milk alternatives, choose products with 30% or more of the Daily Value (DV) for calcium and 25% or more of the Daily Value for vitamin D. Aim for 3 or more servings per day.

Grocery List and Appropriate Brands

Grains/Starches

Flours: Amaranth flour, Bob's red Mill Flour®, Cup 4 Cup® Wholesome Flour, Cup 4 Cup® pie Crust mix, Cup 4 Cup® Brownie Mix, Enjoy Life® Pancake and Waffle Mix, GF Bisquick®, Millet Flour, Pamela's® Flour, Potato Flour, Quinoa Flour, Rice Flour, Tapioca Flour, Teff Flour

Breads: Corn Tortillas, Enjoy Life® Bagels, Sprouted for Life® GF bread, Van's® GF waffles

Pasta and Rice: Basmati Rice, Brown Rice, Jasmin Rice, Wild Rice, White Rice, 100% buckwheat noodles, Quinoa, Rice Noodles, Ronzoni® GF pasta, Ancient Harvest® Quinoa Pasta

Cereals: Cream of Rice, Grits/Cornmeal/Polenta, Plain Oatmeal, Rice Chex®, Udi's® GF granola, Nature's Path® Organic GF granola, Kind® GF cinnamon oat cluster granola, Enjoy Life® Granola, Puffed Rice, Van's® Gluten Free Cereals, Kellogg's Special K® GF cereal

Snacks: Corn Chips, Mary's Gone Crackers® original flavor, Air popped popcorn, Terra® Sweet potato and veggie chips, Rice cakes (plain), 7 Ancient Grains® crackers, Van's® GF crackers, Snappy Crisps® baked peas, Kind® GF granola bar, Go Macro® Bars (Oatmeal Chocolate Chip, Maple Sea Salt, Sunflower Butter and Chocolate), Enjoy Life® Chewy Bars

Proteins

Lean Meat: Applegate Farm's® deli meat, Applegate Farm's® chicken breakfast sausage and bacon, Beef, Chicken, Lamb, Mild Italian Sausage, Pork, Turkey

Seeds: Flax, Poppy seeds, Pumpkin, Sesame, Sunflower, Tahini, Sun butter

Beans/Lentils: Azuki, Black, Garbanzo, Kidney, Lentil, Pinto, Split Pea, Cannellini, Hummus

Powders/Shakes: Orgain® Organic Vegan Nutrition Shake, Ancient Nutrition® Bone Broth Protein Powder, Hemp Protein Powder, Rice Protein Powder, Pea Protein

Dairy

Milk Alternatives: Rice, Oat, Coconut, Hemp, Good Karma® Flaxmilk, Ripple® Brand, So Delicious® Coconut Milk Creamer

Yogurt: Coconut Milk Yogurt, Ripple® Yogurt, Daiya® Greek Yogurt, Good Karma® Yogurt

Cheese: Daiya® Dairy Free Cheese (shredded, sliced, block), Daiya® Cream Cheese

Ice Cream: So Delicious® Coconut Ice cream, Rice Dream® Dairy Free Ice Cream, Halo Top® Dairy Free, Luna and Larry's® Coconut bliss, 100% fruit sorbet

Miscellaneous

Oils: Avocado, Coconut, Grapeseed, Olive, Safflower, Sesame, Earth Balance® Soy Free Spread

Dressings: Daiya® (Ranch, Bleu Cheese, Caesar), Brianna's® Poppy Seed dressing







Condiments: Garlic, Herbs (fresh/dried), Mustard, Vinegar, Pacific Brand® broth, Coconut aminos, Earth Balance® Olive Oil Mayo, Amy's® Mild Salsa

Sweeteners/Sweets: Enjoy Life® Chocolate Chips, So Delicious® Coco whip, Agave, Honey

Prepared Foods

Amy's® Pesto Pizza Rice Crust, EVOL® quinoa and roasted veggies, Ian's® GF chicken tenders, Ian's® GF mac and no cheese, Amy's® Black Bean Tamale Verde, Amy's® Organic Bean Soups, Amy's® Organic Chili

*Always check ingredients to verify that product is compliant with elimination diet.

App	Description
Eoe Tracker 	Mobile app specific to EoE to allow tracking of symptoms and common food triggers.
Allergy Reality 	Allergy Reality is an educational gaming app that teaches the key elements of how to live allergen free in everyday life. Featuring five main allergens: gluten, dairy, nuts, soy and eggs you will quickly learn safe food items, unsafe food items, key words to look out for in food labels and ultimately how to read food labels.
Ipiit 	This app takes the guesswork out of checking <u>food labels</u> . Use it at the grocery store to scan barcodes and get a full ingredient list and nutrition panel. You can set preferences for ingredients you want to avoid, like <u>gluten</u> and <u>lactose</u> , or other allergy triggers.
Allergy Eats 	Provides dining suggestions at restaurants with allergy information.
Substitutions 	Find alternatives for ingredients like alcohol, nuts, seafood, gluten, and other allergies or dietary restrictions. Some categories, like gluten, have over 100 options to use instead.
Allergy Basket 	Save time scanning for allergens on food labels with Allergy Basket. The app lets you make an “avoid” list of ingredients you or your family can’t eat. It will also save a list of foods you’ve marked as safe to make future trips to the store faster

7 Day Meal Plan

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p>Oatmeal 1 cup cooked oats. Dash of cinnamon and 1 teaspoon maple syrup 1/2 apple diced. 1 T. chia seeds</p>	<p>Rice Cakes 2 rice cakes with 2 T. sun butter 1 banana</p>	<p>Smoothie: blend together- 1 cup coconut milk, 1 T. flax seed, 1 scoop rice protein, 1 cup spinach, 1 peach</p>	<p>GF English Muffin topped with ½ avocado 2 slices turkey bacon</p>	<p>coconut yogurt parfait: ½ cup coconut yogurt, ¼ cup granola ½ cup berries</p>	<p>Savory Grits ½ cup cooked grits sprinkled with 1 T. Daiya® cheese. Topped with Sautéed vegetables</p>	<p>Pancakes and sausage GF pancakes 2 T. maple syrup 2 chicken breakfast sausages</p>
<p>Ham sandwich: 2 slices Be Free® gluten free bread 2 ounces Applegate® ham, Mayo and mustard, ¼ cup alfalfa sprouts Serve with 1-ounce baked potato chips</p>	<p>Hummus Pita 1 Be Free® Stone baked Pita bread, ¼ cup hummus carrot and celery sticks, sliced cucumbers, 4 kalamata olives</p>	<p>Spinach Salad 1 c. spinach Carrots, celery, tomatoes, chopped 3-ounce grilled chicken, 2 tsp vinegar and olive oil Handful of GF crackers</p>	<p>Chili: 1 can Amy's® Organic Chili topped with cilantro and chopped onion 1-ounce tortilla chips 1 piece of fruit</p>	<p>Quinoa Salad: 1 cup mixed greens, ½ cup cooked quinoa, 2 T. dried cranberries, 1 T. pumpkin seeds 2 tsp poppy seed dressing</p>	<p>Turkey Wrap 1 Food for Life® gluten free brown rice tortilla Filled with: 2 ounces deli turkey 1-ounce Daiya® cheese, Mustard and Mayo</p>	<p>Pasta Salad 1 cup cooked pasta, ½ cup diced red pepper, tomatoes, broccoli ½ cup white beans, Chopped basil, Olive and vinegar</p>
<p>Stir Fry Cook 3 ounces lean protein in 1 tsp sesame oil. Add ¼ cup peeled carrots, ¼ cup zucchini, water chestnuts. Cook until vegetables are tender. Add Sauce: 1 T ginger ⅓ cup coconut aminos, Juice of ½ lime, 1 tsp sesame oil Serve over 1 cup rice</p>	<p>Turkey burger 4-ounce grilled ground turkey patty Add mustard and ketchup lettuce/onion/tomato GF bun Baked Sweet Potato Fries: 1 whole sweet potato cut into match sticks Drizzle with olive oil. Bake at 400° for 30 minutes</p>	<p>Pork Chops: Marinated in ¼ cup mustard ¼ cup balsamic vinegar ¼ tsp rosemary ¼ tsp thyme Salt and pepper Grill or cook in the oven until it reaches an internal temp of 145° 1 cup -cooked carrots drizzled with 1 T Maple syrup Serve with a side salad</p>	<p>Spaghetti Squash 1 half a large spaghetti squash baked & scooped into a bowl. Mix with ¼ cup marinara and 3 ounces turkey sausage Garnish with Italian Parsley and basil</p>	<p>Southwest Bowls Cook 4 ounces chicken breast in 1 tsp olive oil with cumin, paprika, oregano, salt, pepper. Serve 1 cup cooked rice, ¼ cup black beans ¼ cup corn Garnish with 2 T. guacamole and salsa Handful of tortilla chips</p>	<p>Vietnamese Pho Bowl- 1 ½ cup rice noodles Sliced Cucumber and carrot slivers, finely chopped basil, 1 cup chicken broth (Progresso® or Pacific Foods® brand) 1 T Coconut aminos, and chili sauce. Top with 3 ounces shredded chicken</p>	<p>Portobello Fajitas 2 corn tortillas 2 Portobello caps sliced and sautéed in olive oil and garlic. 1 cup fajita vegetables (onions, peppers), sautéed Top with shredded Daiya® Cheese/salsa/avocado</p>