

2-Food Elimination for Eosinophilic Esophagitis

Research shows a strong connection between food allergies and eosinophilic esophagitis (EOE). These six foods are most commonly associated with this allergic response: **dairy, wheat, soy, eggs, nuts, and seafood/shellfish.**

Unfortunately, there is no accurate test to identify food allergies connected with EOE. Elimination diets help to identify food allergies and improve your condition. Start by eliminating two of the most common food allergies; **dairy and wheat.**

How to do an elimination diet:

Step 1. Plan

Work with your healthcare team to identify which foods might be causing symptoms. Plan a time to start the diet when you know you can be successful. Prepare yourself by having the foods you will need on hand and prep as much as possible in advance.

Step 2. Eliminate

Remove dairy and wheat products from the diet for **4 weeks** without any exceptions. It is important to read food labels and use caution when dining out, since you have less control over the ingredients in restaurants.

Step 3. Challenge

If your symptoms have not improved after 4 weeks, follow up with your health care provider.

If your symptoms have improved, start the challenge phase with **ONE** of the foods you stopped eating at a time. As you do this, write down your symptoms.

Symptoms of a failed food challenge may range from mild reflux, or pains, to severe cramps, vomiting, or difficulty swallowing – even food impaction. Any of these changes after reintroducing a food should be written down and considered a reaction. It is common for EOE food reactions to be delayed for hours or even days from exposure.

Challenge Instructions:

1. Introduce **ONE** new food per week. (Dairy **or** wheat)
2. Add 1 serving of the food in the morning. (Example: glass of milk **or** 1 slice of bread)
3. If you don't notice any symptoms, eat 2 larger portions in the afternoon and evening.
4. Over the next 3 days, continue to eat at least 1 serving of the food per day.
5. If the challenged food does not cause symptoms, it is considered safe.
6. Wait to add the safe food back into your diet until the other food challenge is complete.

Dairy Elimination

Foods to avoid	What to eat	Brand Examples
<ul style="list-style-type: none"> • Milk (cow, goat, and sheep) • Buttermilk • Condensed milk • Cream/artificial cream • Evaporated milk • Butter, butter oil • Ghee • Margarine • Cheese • Ice Cream • Yogurt • Sour Cream • Some mayonnaise and some salad creams <p>Ingredients that contain dairy:</p> <ul style="list-style-type: none"> • Casein (curds), Hydrolyzed casein • Caseinates, calcium or sodium caseinate • Lactoglobulin • Lactoalbumin • Lactose • Milk powder • Milk protein • Milk sugar • Milk solids, Non-fat milk solids • Modified milk • Whey, Whey solids, Hydrolyzed whey, Hydrolyzed whey protein, Whey protein 	<ul style="list-style-type: none"> • Coconut, hemp, oat, almond, or rice milk • Dairy-free yogurts • Dairy-free cheeses • Coconut or cashew ice cream • Hemp products • Coconut milk products 	<ul style="list-style-type: none"> • Milk: Pacific Foods, So Delicious, Rice Dream, Blue Diamond • Yogurt: Coconut Dream, Good KARMA, So Delicious yogurts • Cheese: Daiya • Frozen Dessert: Haagen-Dazs Non-Dairy, So Delicious, Coconut Bliss, Ben & Jerry's Non-Dairy • Butter: Earth Balance, Smart Balance

Wheat Elimination

Foods to avoid	What to eat	Brand Examples
<ul style="list-style-type: none"> • Bran • Bulger • Couscous • Durum • Einkorn • Emmer • Farina • Farro • Flour (wheat – all purpose, cake, enriched, graham, pastry) • Gluten • Hydrolyzed wheat protein • Kamut • Semolina • Spelt • Wheat (berries, bran, grass, malt, starch) <p>Ingredients may contain wheat:</p> <ul style="list-style-type: none"> • Artificial/natural flavoring • Caramel color • Dextrin • Food starch*, gelatinized starch, • Glucose syrup • Hydrolyzed or textured vegetable protein • Maltodextrin • Monosodium glutamate • Oats • Soy sauce, shoyu, teriyaki • Beer • Bouillon cubes • Brown rice syrup • Candy, Licorice • Deli meats, hot dogs, sausage, imitation fish • Communion wafers • French Fries • Gravy, sauces, soups • Seitan 	<ul style="list-style-type: none"> • Gluten-free foods <p>Wheat substitutes:</p> <ul style="list-style-type: none"> • Amaranth • Arrowroot • Barley • Beans / legumes • Buckwheat • Corn • Oats (gluten-free) • Potato • Quinoa • Rice • Rye • Tapioca 	<ul style="list-style-type: none"> • Grains: Bob's Red Mill • Breads: Canyon Bakehouse, Udi's, Food for Life, New Cascadia Traditional • Cereals: Nature's Path, Arrowhead Mills, GF Chex • Crackers: Blue Diamond Nut Thins (contain dairy), Mary's Gone Crackers, Glutino • Pasta: GF Barilla, POW • Wraps: Rudi's, Mission

Reading a Food Label

Dairy Example: There are three ways milk may be indicated on a label. See examples below:

1. Within ingredient list in parenthesis ()
 - INGREDIENTS: CASEIN (MILK), DIPOTASSIUM PHOSPHATE, NATURAL FLAVOR
2. Within ingredient list in **BOLD**.
 - INGREDIENTS: **MILK** CASEIN, DIPOTASSIUM PHOSPHATE, NATURAL FLAVOR
3. As a separate statement after the ingredient list. See example below:
 - INGREDIENTS: CASEIN, DIPOTASSIUM PHOSPHATE, NATURAL FLAVOR
CONTAINS: MILK

Sample Menu: Wheat and Dairy Free

	Day 1	Day 2
Breakfast	Breakfast sausage or ham, 1 banana or apple, 2 Tbsp sunflower seed butter	Smoothie: unsweetened milk alternative, banana, berries, greens, protein powder
Lunch	Green salad with chicken, black beans, salsa, and avocado	Tuna salad lettuce wraps, side of walnuts or olives and grapes
Dinner	Pot roast with potatoes, carrots, and green beans, olive oil	BBQ chicken, sweet potato, and slaw
Snack	Fruit or rice crackers with nut butter	Veggie sticks with hummus

Resources

American Academy of Allergy Asthma & Immunology

<https://www.aaaai.org/conditions-and-treatments/related-conditions/eosinophilic-esophagitis>

American Partnership for Eosinophilic Disorders

<https://apfed.org/resources/for-healthcare-providers-and-researchers/patient-handouts/>

American College of Gastroenterology: <http://patients.gi.org/topics/eosinophilic-esophagitis/>