

The Five 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: 1] Dietary elimination or 2] Swallowed steroids

In children we prefer diet modification rather than medications (unless diet modification fails)

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 5 Food Elimination Diet (5FED) ?

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. Some patients may eliminate nuts and shell fishes as well (which is called 6 food elimination diet). Below are steps to complete the diet:

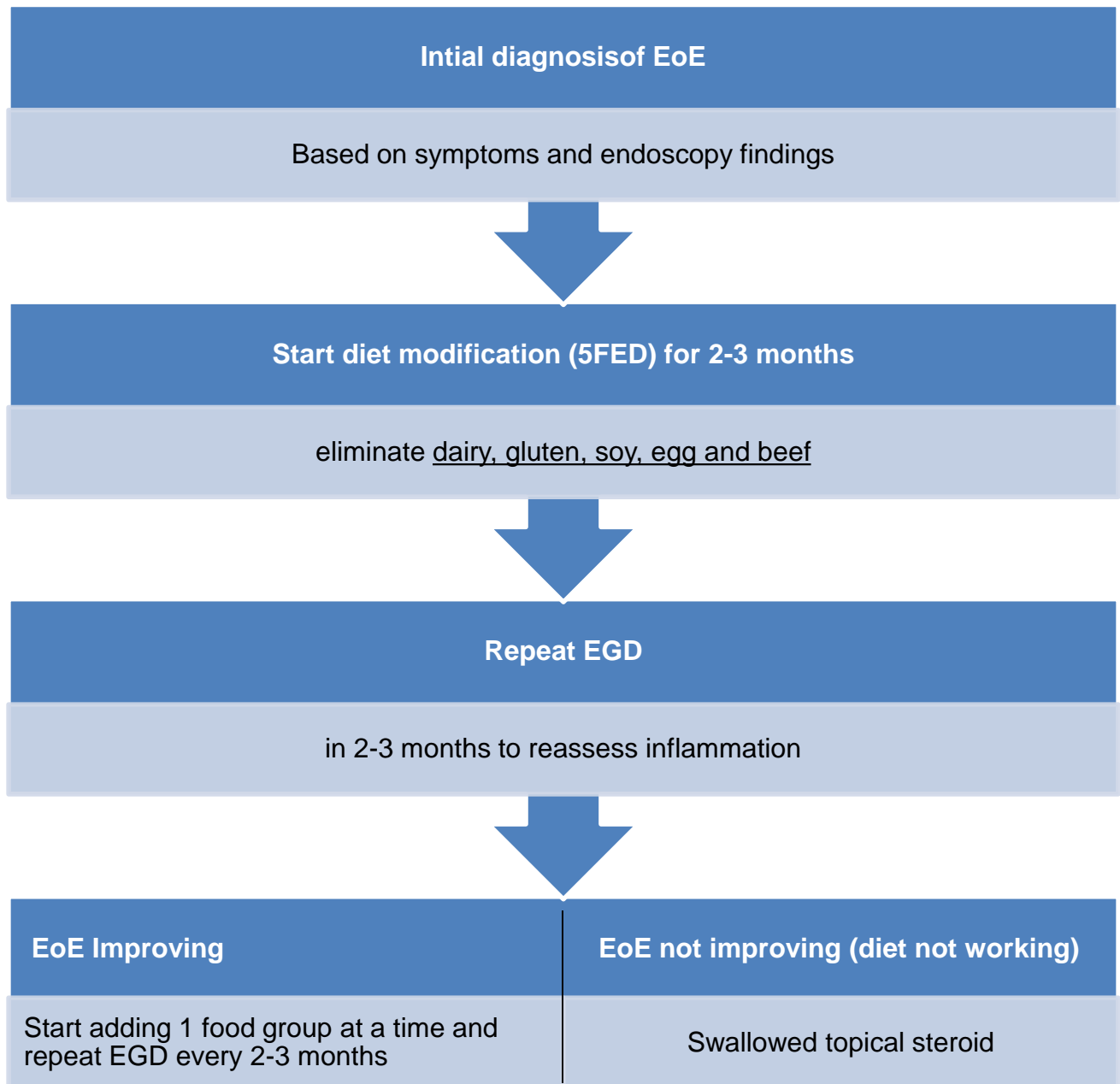
1. Take the top 5 most common food allergens out of your diet for 8 weeks (milk products, eggs, wheat, soy and beef).
2. At 8 weeks into the diet, we will review symptoms. We also perform an EGD (Esophagogastroduodenoscopy) with biopsy to retest the esophagus for inflammation or narrowings.
3. These foods are then brought back into the diet, one at a time, for a 8 week trial each. You are evaluated again after each food is brought back into your diet by performing EGD.
4. Sometime this trial may extend for 12 weeks if inflammation is significant
5. Overall this process may go on for many months until causative food group is identified

These resources may be helpful:

www.foodallergy.org

www.apfed.org

Our approach to EoE management:



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		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
Eggs			
Foods		Ingredients	
• Eggs	• Surimi	• Albumin	• Globulin
• Eggnog	• Egg Substitutes	• Lysozyme	• Ovovitellin
• Mayonnaise	• Beware of	• Ovalbumin	
• Meringue	baked goods,	• Lecithin	
Wheat			
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,		• Emmer	• Spelt
		• Farina	• Triticale
Soy			
Foods		Ingredients	
• Edamame	• Soy Sauce	• Soy	• Textured Vegetable Protein
• Miso	• Tamari	• Soy Flour	
• Natto	• Tempeh	• Soy Fiber	• May be in vegetable gums, starches, and broth
• Shoyu	• Tofu	• Soy Protein	
• Soybean	• Quorn		
Nuts and Tree Nuts			
Food		Ingredients	
• Avoid all nuts	• Lychee	• Nut Meal	• Nut Extracts
• Seeds okay		• Nut Meat	• Nut Paste
		• Nut Milk	• Peanut Oil
Seafood and Shellfish			
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 Five 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 five 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.
- The first 2-3 days are the most difficult. It is important to go shopping and stock up on all the foods you are allowed to have.
- Eat simply. Cook simply. Plan your meals and have a pot of rice available.

- Strive to have prepared food on hand so you can grab something quickly. Make a pot of chicken-vegetable-rice soup. Make a large salad. It may be helpful to cook extra chicken, sweet potatoes, and rice so that it may be reheated for snacking or another meal.
- Eat regular meals and snacks.
- Strive to eat every three hours to maintain healthy and stable blood sugar levels.
- Always be prepared and carry food with you when you leave the house. That way you will have what you need and not be tempted to stray off the plan when your blood sugar drops.
- Try to eat at least three servings of fresh vegetables each day. Choose at least one serving of dark green or orange vegetables.
- If you are a vegetarian consume more beans, rice, quinoa, amaranth, teff, millet, and buckwheat.
- If you are consuming coffee or other caffeinated beverages on a regular basis, it always wise to slowly reduce your intake caffeine intake rather than abruptly stop it; this will prevent caffeine withdrawal headaches. Try drinking half decaf and half regular for a few days and slowly wean yourself.
- Remember to drink a minimum of two quarts of water each day.

Menu Ideas for the Elimination Diet

Breakfast ideas:

- Breakfast shake: 1 c frozen or fresh fruit, 1 c rice or coconut milk, ½ c coconut yogurt (So Delicious), 1 scoop of rice protein powder (Nutra Biotic or Rainbow Light's Protein Energizer)
- Oatmeal: ¾ c plain rolled oats, ½ c water and microwave for 1 min and 15 seconds, add your choice of ½ c of milk substitute and ¼ c of berries
- 3-4 slices of Applegate turkey bacon, 1 c of fresh fruit and 2 T of sunflower seeds
- 4 Applegate breakfast chicken sausages sautéed in 1 t olive oil and 1 c applesauce
- 1 c Rice Chex cereal and 1 c of Original flavored So Delicious Coconut Milk

Lunch or Dinner ideas:

- 3 slices of deli turkey meat, ¼ avocado inside 1 brown rice tortilla (Foods for Life) warm it in microwave couple with 1 c fresh fruit or 1c of mixed greens salad
- Large salad with grilled chicken. 1 slice of wheat free bread or ½ sweet potato.
- Roast turkey breast or turkey burger with brown or wild rice, steamed vegetable salad with vinaigrette dressing.
- Grilled chicken or steak, brown rice, steamed carrots, small baked potato or sweetpotato. Ground turkey, chicken or beef mixed with wheat free pasta or Quinoa and veggies.

Snacks:

- Rice cakes or crackers with ghee, or coconut oil, or unsweetened apple
- Veggies dipped in guacamole or hummus
- Fresh fruit with 2 T sunflower seeds
- Apple sauce mixed with rice based protein powder
- 1 c of coconut milk add fresh fruit and eat with spoon
- 1 large piece of iceberg lettuce fill with seasoned ground meat and guacamole or hummus wrap up and enjoy
- So delicious Coconut yogurt mixed with Rice protein powder and fresh berries

Dinning Out While on the Elimination Diet

Many restaurants offer allergen information to make dining out possible. However, it is difficult to control for cross-contact with allergens and dining out should be limited during the elimination phase in order to achieve the best results possible. To limit contamination, you can speak with a manager and explain what modifications you need. You can also access restaurant menus on-line before-hand to select best choices. There are several websites geared towards travel and dining for those with Celiac Disease (gluten allergy) as well as multiple food allergies:

www.bobandruths.com,

www.glutenfreeonthego.com,

www.eatingoutwithfoodallergies.com