

Eosinophilic Esophagitis (EOE)?

EOE is an allergic condition of the esophagus. A type of white blood cells (eosinophils) that build up in the esophagus, causing narrowing. People who have EOE can have a hard time swallowing food due to the narrowing of the esophagus.

Symptoms of EOE

- Difficulty or painful swallowing
- Food getting stuck in the esophagus
- Reflux
- Nausea
- Vomiting

Role of diet in EOE

EOE is a different allergic reaction that cannot be diagnosed with a blood or skin test. The elimination diet can help determine what foods may be causing EOE. This type of diet removes likely food triggers to improve the symptoms. Then, triggers are added in a particular order to see which foods cause the EOE.

Elimination diet for EOE

- This diet requires that you avoid the top food allergens—dairy, eggs, soy, gluten, nuts/tree nuts, and fish/shellfish for six weeks.
- After six weeks, you will have another esophagogastroduodenoscopy (EGD) with a biopsy.
- The Elimination Diet takes time, may require an average of 3-4 EGDs, and may result in life-long dietary changes.
- The following pages contain information on foods to include and exclude while on the elimination diet and menu ideas and places to shop. It is recommended that you keep a food journal during the elimination process to keep track of your symptoms and responses each day.
- After the elimination phase, an endoscopy is performed, and biopsies are obtained to assess the response to the diet.
- An endoscopy is done after each reintroduction. All food groups will be reintroduced as there may be more than one trigger food.

Foods to INCLUDE on the elimination diet

Food Group	Foods to Avoid
Fruits	<ul style="list-style-type: none"> - Whole fruits (Unsweetened, frozen or water packed)
Dairy substitutes	<ul style="list-style-type: none"> - Rice milk - Hemp milk - Coconut milk - Coconut yogurt
Protein:	<ul style="list-style-type: none"> - Chicken - Turkey - Lamb - Pork - Beef - Veal - Game meat - Vegetarians (Beans, split peas, lentils, or legumes)
Vegetables	<ul style="list-style-type: none"> - All vegetables (Raw, steamed, sautéed (no butter), juiced, or roasted)
Oils	<ul style="list-style-type: none"> - Cold pressed olive oil - Coconut oil - Ghee (replaces butter)
Drinks	<ul style="list-style-type: none"> - Water - Coffee - Herbal teas - Mineral water - Vitamin water
Sweeteners	<ul style="list-style-type: none"> - Stevia - Brown rice syrup - Honey - Agave nectar (Use sparingly)
Condiments	<ul style="list-style-type: none"> - Vinegar - Spices: <ul style="list-style-type: none"> o Salt, pepper, basil, cinnamon, dill, garlic, ginger, mustard, oregano, parsley, rosemary, tarragon, thyme, or turmeric.
Carbohydrates	<ul style="list-style-type: none"> - Rice - Potato (russet, red, and sweet) - Quinoa - Millet - Buckwheat - Gluten free oats

Foods to AVOID on the elimination diet

Food Group	Foods to avoid
Grains	<ul style="list-style-type: none"> - Bread - Breadcrumbs - Bulgur - Cereals - Crackers - Couscous - Farina - Farro - Flour tortillas - Kamut - Pasta Durum - Einkorn - Flour (all purpose, bread, cake, enriched, - Hydrolyzed wheat protein - Seitan - Semolina - Spelt - Pizza crust - Puffed wheat - Sprouted wheat - Triticale - Vital wheat gluten - Wheat (bran, berries, durum, germ, - gluten, grass, malt, sprouts, starch)
Dairy/Milk	<ul style="list-style-type: none"> - Butter - Buttermilk - Caramel - Cheese - Cottage Cheese - Cream - Cream cheese - Curds - Custard - Dry milk - Evaporated milk - Frozen Yogurt - Ghee - Half and Half - Ice Cream - Milk (cow, goat, sheep) - Milk chocolate - Nougat - Pudding - Powdered milk - Semi-Sweet chocolate - Sour Cream - Sweetened Condensed milk - Yogurt Butter flavoring - Caramel flavoring - Casein - Casein hydrolysate - Caseinates (all forms) - Diacetyl - Lactalbumin - Lactalbumin phosphate - Lactoferrin - Lactose - Lactulose - Milk protein hydrolysate - Tagatose - Whey (all forms) - Whey protein hydrolysate
Soy and Soy products	<ul style="list-style-type: none"> - Edamame - Miso - Natto - Soya - Soy products (cheese, ice cream, milk, and yogurt) - Soybean - Soy nuts - Soy sauce - Tamari - Tempeh - Tofu - Quorn Soy - Soy fiber - Soy flour - Soy protein (concentrate, hydrolyzed, isolate) - Textured vegetable protein (TVP)
Eggs	<ul style="list-style-type: none"> - Eggs (dried, powdered, whole) - Egg whites/substitute

	<ul style="list-style-type: none"> - Eggnog - Egg sauces (Bearnaise/Hollandaise sauce) - Mayonnaise - Meringue 	
Nuts/tree nuts	<ul style="list-style-type: none"> - All types of nuts - All types of nut milks - All types of nut spreads - Artificial nuts - Lychee - Pesto - Marzipan/almond paste - Nut extracts (almond extract) - Nut flours (almond, peanut) - Nut paste - Nut pieces - Peanut protein hydrolysate 	<ul style="list-style-type: none"> - Peanut oil (cold pressed, expeller pressed, or extruded peanut oil) - Peanut protein hydrolysate - Marzipan/almond paste - Nut extracts (almond extract) - Nut flours (almond, peanut) - Nut paste - Nut pieces - Peanut oil -
Fish/Shellfish	<ul style="list-style-type: none"> - All types of fish - Barnacle - Caviar - Clams, mussels - Crab - Crawfish - Krill - Lobster - Octopus - Oysters - Scallops 	<ul style="list-style-type: none"> - Shrimp, prawns - Snail Bouillabaisse - Caesar dressing - Fish oil/fish oil supplements - Fish sauce - Fish stock/sauce - Seafood flavoring - Surimi - Worcestershire sauce s (escargot)
Emulsifiers/ Stabilizers	<ul style="list-style-type: none"> - Palm oil - Rapeseed oil - Soybean oil - Sunflower oil - Lard - Tallow 	

Menu ideas for the elimination diet

Meal	Example
Breakfast	<ul style="list-style-type: none"> – Breakfast shake: <ul style="list-style-type: none"> ○ 1 cup fruit (frozen or fresh fruit), 1 cup coconut milk, ½ cup coconut yogurt, and 1 scoop of rice protein powder. – Oatmeal: <ul style="list-style-type: none"> ○ ¾ cup plain rolled oats, ½ cup water, and microwave for 1 min and 15 seconds, Add your choice of ½ cup of milk substitute and ¼ cup of berries. – 3-4 slices of Applegate turkey bacon. – 1 cup of fresh fruit with 2 T of sunflower seeds. – 4 Applegate breakfast chicken sausages sautéed in 1 t olive oil and 1 cup applesauce. – 1 cup of Rice Chex cereal and 1 cup of coconut milk.
Lunch/Dinner	<ul style="list-style-type: none"> – 3 slices of deli turkey meat, ¼ avocado inside 1 brown rice tortilla warmed in microwave with 1 cup fresh fruit or 1 cup of mixed greens salad. – Large salad with grilled chicken. – 1 slice of wheat free bread or half a sweet potato.

Helpful tips for the elimination 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.
- 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 for snacking or another meal.
- Eat regular meals and snacks.
- Always be prepared and carry food with you when you leave the house.
- If you are a vegetarian, consume more beans, rice, quinoa, millet, and buckwheat.
- If you are consuming coffee or other caffeinated beverages regularly, it is always better to slowly reduce your 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.

Allergen friendly brands

- 88 Acres:
 - Seed spreads, bars, and granola free from the top 8 allergens.
- Arrowhead Mills:
 - Select products from the gluten-free product line
- Bob's Red Mill:
 - Gluten free products, baking mixes, grains, and seeds.
- Daiya:
 - Cheese, yogurt, and other products free of the top 8 allergens.
- Earth Balance:
 - Vegan, gluten-free mayonnaise, and margarine.
- Food for Life:
 - Select from the gluten-free product line

Questions

If you have any questions or concerns, please contact the CentraCare Digestive dietitian at (320) 229-4916.