



LIVING WITH EOSINOPHILIC ESOPHAGITIS

DIET TIPS & GUIDANCE

WHAT IS EOSINOPHILIC ESOPHAGITIS?

Eosinophilic Esophagitis is a chronic Inflammatory Disease that affects the esophagus.

It is regularly caused by a buildup of eosinophils (white blood cells) and includes symptoms such as inflammation, swelling and difficulty swallowing.

WHAT IS THE SIX-FOOD ELIMINATION DIET?

The most common diet to treat Eosinophilic Esophagitis is the Six Food Elimination Diet, treating patients successfully 70% of the time.

SFED removes the top 6 most common food allergens from your diet, including:

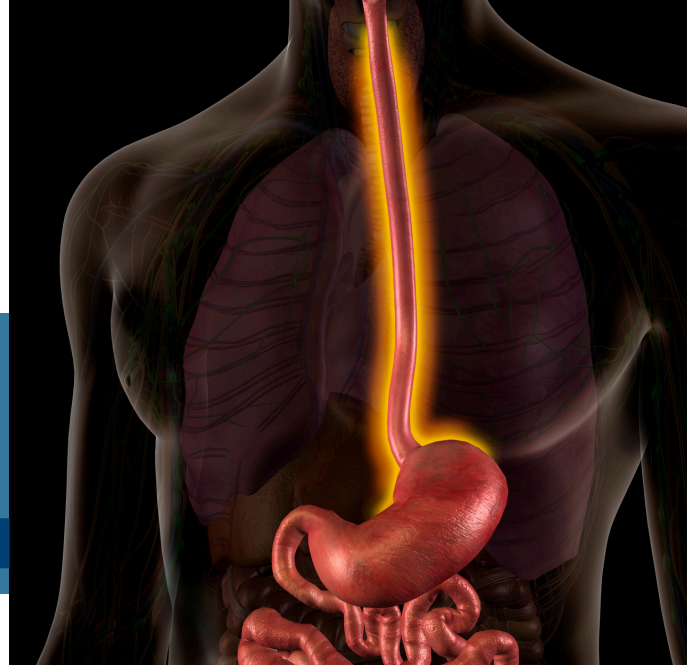
- Milk products
- Wheat
- Eggs
- Soy
- Peanut/tree nuts
- Fish/shellfish

It's recommended to eliminate foods for 6-8 weeks. You can then bring foods back into the diet, one or two at a time for 4 weeks and monitor for any return of symptoms.

A step-wise approach to the diet starts with eliminating the 2 most common food triggers, milk and wheat, for 6-8 weeks. If symptoms improve or repeat EGD shows you responded well, you may not need to eliminate the remainder of the foods in the diet. If there is no improvement, you will eliminate the remainder of the foods.

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SAFE FOODS FOR THE SIX-FOOD ELIMINATION DIET

- Poultry-chicken, turkey
- Meats- beef, pork, lamb, game meats
- Beans (except soy), split peas, lentils, legumes
- Rice (brown, white, wild)
- Potatoes (white, red, sweet)
- Quinoa
- Millet, amaranth, buckwheat
- Gluten-free oats (choose gluten-free to avoid cross-contamination)
- All fresh, frozen, canned and dried fruits
- All fresh, frozen, and canned vegetables
- Seeds (sunflower, pumpkin, sesame)
- Oils (avocado, olive, coconut, sunflower, canola)
- Dairy-free milk (rice, coconut, oat, hemp, pea)
- Sweeteners
- Condiments (vinegar, spices)
- Beverages (water, coffee, tea, soda, sparkling water, juice)

NUTRITION TIPS

- Read food labels carefully before buying or eating any item
- Foods must say if they contain the top food allergens. This is found in a "Contains Statement"
- Some food labels have a "may contain" statement. For example, "may contain milk." When in doubt, avoid the product.

Avoid cross-contamination. This occurs when a food comes into contact with another food. This can be reduced by washing your hands often, using separate utensils and taking special care of kitchen items. For example, use a separate toaster for your bread.

SAMPLE SIX-FOOD ELIMINATION DIET MEAL IDEAS

Breakfast:

- Gluten-free oatmeal prepared with gluten-free oat milk or coconut milk
- Cooked quinoa flakes with cinnamon, sugar and sliced peaches
- Turkey sausage links
- Hashbrowns cooked in canola oil
- Buckwheat pancakes with pure maple syrup
- Sliced apples with cinnamon
- Sliced cantaloupe
- Fresh fruit/berries
- Coffee or tea

Lunch:

- Turkey wrap with corn tortillas, lettuce, avocado
- Vegetable salad with grilled chicken breast 2Tbsp balsamic and canola oil vinaigrette
- Six-food-free bread, sunflower seed butter and jelly sandwich
- Vegetable soup
- Gluten-free pasta salad with carrots, green peas, grape tomatoes, roasted chicken and tahini or vinaigrette dressing
- Fresh fruit/fruit salad
- Potato chips

Dinner:

- Baked chicken with brown rice or cooked millet made with canola oil
- Broccoli sauteed with garlic
- Baked potato topped with turkey and bean chili and cheese substitute (milk-free, soy-free)
- Brown rice pasta with marinara and meatballs (no egg and six-food-free breadcrumbs)
- Mixed green salad with lemon vinaigrette (lemon, herbs and canola oil)
- Barbeque pork tenderloin
- Green beans with caramelized onion (cook in canola oil)
- Corn on the cob
- Baked sweet potato with milk-free, soy-free margarine

COOKING SUBSTITUTES WITHOUT COMMON ALLERGENS

Milk

- Substitute equal amounts of alternative milk, juice or water

Buttermilk

- 1 cup alternative milk plus 1 Tbsp. vinegar (white or cider)
- 1 Tbsp. lemon juice (let stand for 5 minutes)

Butter

- Equal amounts of milk-free, soy-free margarine or avocado
- 6 Tbsp. applesauce plus 2 Tbsp. vegetable oil equals 1 stick of butter
- $\frac{3}{4}$ the required amount of pureed pumpkin or vegetable oil

Yogurt (1 cup)

- 1 cup sweetened applesauce
- 1 cup fruit puree
- 1 cup safe alternative yogurt

Eggs (1 egg)

- 1 tsp. baking powder, 1 Tbsp. water, 1 Tbsp. vinegar
- 1 tsp. baking powder, 1 $\frac{1}{2}$ Tbsp. water, 1 $\frac{1}{2}$ Tbsp. oil (canola or vegetable)
- 1 tsp. yeast dissolved in $\frac{1}{4}$ cup warm water
- 1 Tbsp. gelatin, 3 Tbsp. warm water (do not mix until ready to use)
- 1 Tbsp. ground flax or chia seeds, 3 Tbsp. warm water (mix and let sit for 5 minutes until a gel forms)
- $\frac{1}{4}$ cup mashed avocado, pureed pumpkin or applesauce

Nuts

- Sunflower seeds
- Toasted coconut
- Pumpkin seeds
- Crushed potato or corn chips

Wheat alternative flour recipes:

- **All-purpose flour:** $\frac{3}{4}$ cup rice flour, $\frac{1}{8}$ cup tapioca flour and $\frac{1}{4}$ cup potato starch or millet flour or corn starch.
- **Self-rising flour:** 1 cup of prepared all-purpose flour (above), 1 $\frac{1}{2}$ tsp. baking powder, $\frac{1}{4}$ tsp. salt
- **High-protein flour:** 1 $\frac{1}{4}$ cup white bean flour, 1 cup arrowroot powder or potato or corn starch, and 1 cup brown rice flour

