

DIET TIPS & GUIDANCE

ABOUT 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 (SFED)?

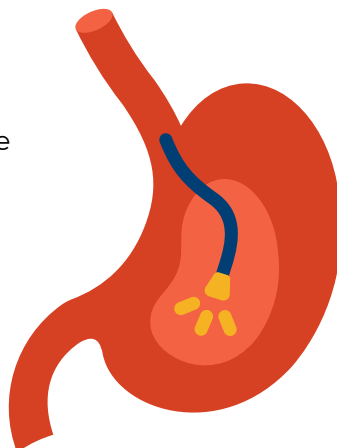
The most common diet to treat Eosinophilic Esophagitis is the Six Food Elimination Diet (SFED), treating patients successfully 70% of the time.

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 certain foods from your diet for 6–8 weeks. After this period, you can gradually reintroduce foods, one or two at a time, over 4 weeks. During this process, monitor for any symptoms that may return.

To start, you'll focus on eliminating the two most common food triggers: milk and wheat. If your symptoms improve or follow-up tests (like an EGD) show a positive response, you may not need to eliminate additional foods. However, if there's no improvement, you'll proceed to eliminate the remaining foods on the list.



SAFE FOODS FOR THE SFED

- 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, gluten-free 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 in 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.

NEED MORE HELP?

Schedule your appointment today.

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, 2 TBSP 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

