

## Nutrition Label Reading Guide

Understanding how to read a food label to identify food allergens is key when trying any elimination diet as a treatment option for Eosinophilic Esophagitis (EoE).

There are laws and regulations in place to make it easier for consumers to identify the top allergens. The Food Allergen Labeling and Consumer Protection Act (**FALCPA**) is a law that requires all pre-packaged foods sold in the United States containing major allergens as ingredients must list the allergens in the ingredients list, using its common name. These top allergens include:

- Milk
- Wheat
- Egg
- Soy
- Peanut
- Tree nut
- Fish
- Crustacean shellfish
- Sesame

It is recommended that you still read a food label carefully every time you buy a product as the ingredients and manufacturing process may change over time without any notification.

### There are three areas to check on a food label:

1. In the ingredient list

Ingredients: **Wheat flour**, tapioca syrup, cane sugar

2. After the word “Contains.”

Ingredients: Wheat flour, tapioca syrup, cane sugar

**Contains wheat**

3. In the ingredient list in parentheses.

Ingredients: wheat flour, tapioca syrup, cane sugar, **butter (dairy)**

**READ BOTH**  
Ingredients and Contains



**Ingredients**

- Wheat flour
- Wheat sugar (dextrose)
- Eggs
- Butter (could have said (milk))

**Contains:**

- Egg
- Milk (covers butter)
- Wheat (covers wheat and dextrose)

**INGREDIENTS:** Wheat Flour, Tapioca Syrup, Cane Sugar, Palm Oil\*, Butter, Water, Wheat Sugar, Vegetable Glycerin, Chickpea Flour, Eggs, Brown Sugar, Bourbon Vanilla, Molasses, Sea Salt, Sunflower Lecithin, Oat Fiber, Baking Soda, Cinnamon, Oat Flour.

\* Sustainably sourced

**CONTAINS EGG, MILK AND WHEAT**

None of our ingredients are genetically modified.

**Nutrition Facts**

1 serving per container  
Serving size 1 wafel (33g)

Amount per serving  
**Calories 130**

| <b>Tips for successful label reading</b>                                                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Make it a practice to triple check all food labels: read the label at the store before purchasing, when putting groceries away and before eating or serving the food. |
| Call manufactures as needed to ask about cross contact risk or if unclear on the wording in the ingredients list                                                      |
| If the product does not contain ingredients, don't purchase it, or call the manufacturer. If the manufacturer can't provide ingredient list, avoid it                 |
| Be careful with imported products as each country follows different food labeling regulations for allergens.                                                          |

### **Gluten-Free labels**

Due to the risk of cross contact, it is recommended to eliminate gluten containing grains including barley and rye during elimination diets for EoE.

Oats may contain wheat due to cross-contact, therefore gluten free oats are recommended. Barley and rye are two wheat-free grains that contain gluten.

### **EXCEPTIONS**

**Soy lecithin** is required to be labelled as an allergen on packaged foods. However, it may be consumed and generally considered safe because soy lecithin is highly processed.

**Highly refined soybean oil and peanut oil** are not required to be labeled as an allergen on packaged foods. They can safely be consumed because they are highly processed.

**Coconut** is required to be labeled as an allergen on packaged foods. However, coconut is safe to eat on elimination diet for EoE.

**Precautionary & Advisory Statements are statements such as:**

- May contain...
- Manufactured on shared equipment...
- Processed in a facility...

These statements are voluntary that some manufactures choose to use to address the possibility of unintentional presence of ingredients due to contamination or cross contact in processing. The absence of a precautionary label does not necessarily mean there is no risk of cross contact with allergens. Unless otherwise advised by your healthcare provider, do not worry about these precautionary labels as they do not mean there is an increased risk of cross contamination. If concerned, you may want to contact the manufacturer for more information.

## 6-Food Elimination Diet

### Foods to Avoid

The 6-Food Elimination Diet avoids the six common allergens, **animal milk, wheat, egg, soy, peanuts/tree nuts, and fish/shellfish.**

All FDA regulated pre-packaged food products that contain milk, wheat, egg, or soy as an ingredient are required by U.S. law to list the word “milk”, “wheat”, “egg” or “soy” on the product label.

#### Milk Elimination

It is important to always read all ingredients on a food label to identify foods containing milk. Avoid foods that contain milk or any of these ingredients:

|                                              |                                    |
|----------------------------------------------|------------------------------------|
| butter, butter fat, butter oil, butter acid, | lactalbumin, lactalbumin phosphate |
| butter ester(s)                              | lactoferrin                        |
| buttermilk                                   | lactose                            |
| casein                                       | lactulose                          |
| casein hydrolysate                           | milk (in all forms)                |
| caseinates (in all forms)                    | milk protein hydrolysate           |
| cheese                                       | pudding                            |
| cottage cheese                               | rennet casein                      |
| cream                                        | sour cream, sour cream solids      |
| curds                                        | sour milk solids                   |
| custard                                      | tagatose                           |
| diacetyl                                     | whey (in all forms)                |
| ghee                                         | whey protein hydrolysate           |
| half-and-half                                | yogurt                             |

#### Foods that sometimes contain milk:

- Milk may be found in artificial butter flavor, baked goods, caramel candies, cereal, chocolate, cold cuts, crackers, lactic acid start culture and other bacterial cultures, margarines, non-dairy products, nisin, nougat, processed and canned meats and frozen and refrigerated soy products.
- Most mammalian milks such as sheep and goat’s milk should be eliminated

#### Usually safe:

- Cocoa butter, coconut milk, calcium lactate, cream of tartar

## Wheat Elimination

It is important to always read all ingredients on a food label to identify foods containing wheat. Avoid foods that contain wheat or any of these ingredients:

|                                                                                                                                                                         |                                                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| bread crumbs                                                                                                                                                            | matzoh, matzoh meal                                             |
| bulgur                                                                                                                                                                  | pasta                                                           |
| cereal extract                                                                                                                                                          | seitan                                                          |
| club wheat                                                                                                                                                              | semolina                                                        |
| couscous                                                                                                                                                                | spelt                                                           |
| cracker meal                                                                                                                                                            | sprouted wheat                                                  |
| durum                                                                                                                                                                   | triticale                                                       |
| einkorn                                                                                                                                                                 | vital wheat gluten                                              |
| emmer                                                                                                                                                                   | wheat (bran, durum, germ, gluten, grass, malt, sprouts, starch) |
| farina                                                                                                                                                                  | wheat bran hydrolysate                                          |
| flour (all purpose, bread, cake, durum, enriched, graham, high gluten, high protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat) | wheat germ oil                                                  |
| hydrolyzed wheat protein                                                                                                                                                | wheat grass                                                     |
|                                                                                                                                                                         | wheat protein isolate                                           |
|                                                                                                                                                                         | whole wheat berries                                             |

### Foods that sometimes contain wheat:

- Wheat may be found in ale, baking mixes, baked products, batter-fried foods, beer, breaded foods, cereals, candy, crackers, processed meats, ice cream products, salad dressings, sauces, soups, soy sauce, starch, surimi
- Barley and rye are two wheat-free grains that contain gluten. **Due to the risk of cross contact, it is recommended to eliminate gluten containing grains including barley and rye.** Barley may be present in malt flavoring and malt extract.

### Usually safe:

- Flour substitutes such as amaranth, arrowroot, buckwheat, corn, millet, teff, gluten-free oats, potato, rice, tapioca, quinoa flour

## Egg Elimination

It is important to always read all ingredients on a food label to identify foods containing egg. Avoid foods that contain egg or any of these ingredients:

albumin (*also spelled albumen*)  
 egg (*dried, powdered, solids, white, yolk*)  
 eggnog  
 globulin  
 livetin  
 lysozyme

mayonnaise  
 meringue (*meringue powder*)  
 surimi  
 vitellin  
 words starting with “ovo” or “ova” (*such as ovalbumin*)

Egg is sometimes found in the following:

baked goods  
 breaded items  
 drink foam (*alcoholic, specialty coffee*)  
 egg substitutes  
 fried rice  
 ice cream

lecithin  
 marzipan  
 marshmallows  
 meatloaf or meatballs  
 nougat  
 pasta

Keep the following in mind:

- Individuals with egg allergy should also avoid eggs from duck, turkey, goose, quail, etc., as these are known to be cross-reactive with chicken egg.
- While the whites of an egg contain the allergenic proteins, patients with an egg allergy must avoid all eggs completely.

## Soy Elimination

It is important to always read all ingredients on a food label to identify foods containing soy. Avoid foods that contain soy or any of these ingredients:

|                                                                                                                                     |                                                         |
|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|
| edamame                                                                                                                             | soy protein ( <i>concentrate, hydrolyzed, isolate</i> ) |
| miso                                                                                                                                | shoyu                                                   |
| natto                                                                                                                               | soy sauce                                               |
| soy ( <i>soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt</i> ) | tamari                                                  |
| soya                                                                                                                                | tempeh                                                  |
| soybean ( <i>curd, granules</i> )                                                                                                   | textured vegetable protein ( <i>TVP</i> )               |
|                                                                                                                                     | tofu                                                    |

### Soy is sometimes found in the following:

|                 |                  |
|-----------------|------------------|
| Asian cuisine   | vegetable gum    |
| vegetable broth | vegetable starch |

### Keep the following in mind:

- The FDA exempts highly refined soybean oil from being labeled as an allergen. Studies show most allergic individuals can safely eat soy oil that has been highly refined (not cold pressed, expeller pressed, or extruded soybean oil).
- Most individuals allergic to soy can safely eat soy lecithin.
- Follow your doctor's advice regarding these ingredients.

### **Shellfish Elimination**

It is important to always read all ingredients on a food label to identify foods containing shellfish. Avoid foods that contain shellfish or any of these ingredients:

|                                                  |                                                                               |
|--------------------------------------------------|-------------------------------------------------------------------------------|
| barnacle                                         | lobster ( <i>langouste, langoustine, Moreton bay bugs, scampi, tomalley</i> ) |
| crab                                             |                                                                               |
| crawfish ( <i>crawdad, crayfish, ecrevisse</i> ) | prawns                                                                        |
| krill                                            | shrimp ( <i>crevette, scampi</i> )                                            |

Of note, mollusks are not considered major allergens under food labeling laws and may not be fully disclosed on a product label. Your doctor may advise you to avoid mollusks or these ingredients:

|                                                                  |                               |
|------------------------------------------------------------------|-------------------------------|
| abalone                                                          | oysters                       |
| clams ( <i>cherrystone, geoduck, littleneck, pismo, quahog</i> ) | periwinkle                    |
| cockle                                                           | scallops                      |
| cuttlefish                                                       | sea cucumber                  |
| limpet ( <i>lapas, opihi</i> )                                   | sea urchin                    |
| mussels                                                          | snails ( <i>escargot</i> )    |
| octopus                                                          | squid ( <i>calamari</i> )     |
|                                                                  | whelk ( <i>Turban shell</i> ) |

Shellfish are sometimes found in the following:

|                |                                                         |
|----------------|---------------------------------------------------------|
| bouillabaisse  | seafood flavoring ( <i>e.g., crab or clam extract</i> ) |
| cuttlefish ink |                                                         |
| glucosamine    | surimi                                                  |
| fish stock     |                                                         |

Keep the following in mind:

- Any food served in a seafood restaurant may contain shellfish protein due to cross-contact.
- For some individuals, a reaction may occur from inhaling cooking vapors or from handling fish or shellfish.

### **Fish Elimination**

It is important to always read all ingredients on a food label to identify foods containing fish. Avoid foods that contain fish or any of these ingredients:

|         |          |
|---------|----------|
| anchovy | eel      |
| carp    | flounder |
| catfish | grouper  |
| cod     | haddock  |
| crappie | halibut  |

herring  
 mackerel  
 mahi mahi  
 perch  
 pike  
 pollock  
 red snapper  
 roughy

salmon  
 sardine  
 sea bass  
 shark  
 sole  
 tilapia  
 trout  
 tuna

Fish is sometimes found in the following:

barbecue sauce  
 bouillabaisse  
 Caesar salad  
 caviar  
 deep fried items  
 fish flavoring  
 fish flour  
 fish fume  
 fish gelatin (*kosher gelatin, marine gelatin*)  
 fish oil  
 fish sauce imitation fish  
 or shellfish isinglass  
 lutefisk maw, maws (*fish maw*)

fish stock  
 fishmeal  
 nuoc mam (*Vietnamese name for fish sauce; beware of other ethnic names*)  
 pizza (*anchovy topping*)  
 roe  
 salad dressing  
 seafood flavoring  
 shark cartilage  
 shark fin  
 surimi  
 sushi, sashimi  
 Worcestershire sauce

Keep the following in mind:

- If you have fish allergy, avoid seafood restaurants. Even if you order a non-fish item off of the menu, cross-contact of fish protein is possible.
- Asian cookery often uses fish sauce as a flavoring base. Exercise caution when eating this type of cuisine.
- Fish protein can become airborne in the steam released during cooking and may cause an allergic reaction. Stay away from cooking areas when fish is being prepared.



## Peanut Elimination

It is important to always read all ingredients on a food label to identify foods containing peanut. Avoid foods that contain peanuts or any of these ingredients:

|                                                |                               |
|------------------------------------------------|-------------------------------|
| artificial nuts                                | monkey nuts                   |
| beer nuts                                      | nut pieces                    |
| cold pressed, expeller<br>pressed, or extruded | nut meat                      |
| peanut oil                                     | peanut butter                 |
| goobers                                        | peanut flour                  |
| ground nuts                                    | peanut protein<br>hydrolysate |
| mixed nuts                                     |                               |

Peanut is sometimes found in the following:

|                                                                                                            |                 |
|------------------------------------------------------------------------------------------------------------|-----------------|
| African, Asian ( <i>especially Chinese, Indian, Indonesian, Thai, and Vietnamese</i> ), and Mexican dishes | egg rolls       |
| baked goods ( <i>e.g., pastries, cookies</i> )                                                             | enchilada sauce |
| candy ( <i>including chocolate candy</i> )                                                                 | marzipan        |
| chili                                                                                                      | mole sauce      |
|                                                                                                            | nougat          |

Keep the following in mind:

- Mandelonas are peanuts soaked in almond flavoring.
- The FDA exempts highly refined peanut oil from being labeled as an allergen. Studies show that most allergic individuals can safely eat peanut oil that has been highly refined (not cold pressed, expeller pressed, or extruded peanut oil). Follow your doctor's advice.
- A study showed that unlike other legumes, there is a strong possibility of cross-reaction between peanuts and lupine (or lupin). Flour derived from lupine is becoming a common substitute for gluten-containing flours. The law requires that a food product's ingredients must be listed on the label, such as "lupin" or "lupine".
- Arachis oil is peanut oil.
- Many experts advise patients allergic to peanuts to avoid tree nuts as well.
- Sunflower seeds are often produced on equipment shared with peanuts.
- Some alternative nut butters, such as soy nut butter or sunflower seed butter, are produced on equipment shared with other tree nuts and, in some cases, peanuts. Contact the manufacturer before eating these products.

### Tree nut Elimination

It is important to always read all ingredients on a food label to identify foods containing tree nut. Avoid foods that contain nuts or any of these ingredients:

|                                             |                                                                                                  |
|---------------------------------------------|--------------------------------------------------------------------------------------------------|
| almond                                      | natural nut extract ( <i>e.g., almond, walnut</i> )                                              |
| artificial nuts                             | nut butters ( <i>e.g., cashew butter</i> )                                                       |
| beechnut                                    | nut meal                                                                                         |
| Brazil nut                                  | nut meat                                                                                         |
| butternut                                   | nut paste ( <i>e.g., almond paste</i> )                                                          |
| cashew                                      | nut pieces                                                                                       |
| chestnut                                    | pecan                                                                                            |
| chinquapin nut                              | pesto                                                                                            |
| filbert/hazelnut                            | pili nut                                                                                         |
| gianduja ( <i>a chocolate-nut mixture</i> ) | pine nut ( <i>also referred to as Indian, pignoli, pigñolia, pignon, piñon, and pinyon nut</i> ) |
| ginkgo nut                                  | pistachio                                                                                        |
| hickory nut                                 | praline                                                                                          |
| litchi/lychee/lychee nut                    | shea nut                                                                                         |
| macadamia nut                               | walnut                                                                                           |
| marzipan/almond paste                       |                                                                                                  |
| Nangai nut                                  |                                                                                                  |

Tree nuts are sometimes found in the following:

black walnut hull extract (*flavoring*)  
 natural nut extract  
 nut distillates/alcoholic extracts  
 nut oils (*e.g., walnut oil, almond oil*)  
 walnut hull extract (*flavoring*)

Keep the following in mind:

- Mortadella may contain pistachios.
- There is no evidence that coconut oil and shea nut oil/butter are allergenic.
- Many experts advise patients allergic to tree nuts to avoid peanuts as well.
- Talk to your doctor if you find other nuts not listed here.
- Coconut, the seed of a drupaceous fruit, has typically not been restricted in the diets of people with tree nut allergy. However, in October of 2006, the FDA began identifying coconut as a tree nut. Medical literature documents a small number of allergic reactions to coconut; most occurred in people who were not allergic to other tree nuts. Ask your doctor if you need to avoid coconut.

**Resource: [foodallergy.org](http://foodallergy.org)**

## 6-Food Elimination Diet

### Allowed foods, alternatives, and substitutions

The 6-Food Elimination diet avoids the 6 common allergens – **animal milk, wheat, egg, soy, peanuts/tree nuts, and fish/shellfish** – to identify the cause of your eosinophilic esophagitis (EoE).

Below is a list of **foods allowed** to be consumed during the elimination phase.

\*It's important to always read all pre-packaged food labels for milk, wheat/gluten, egg, soy, peanuts, tree nuts, fish, and shellfish ingredients.

| Eliminated Food                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Use These Products Instead                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Milk and milk products</b></p> <ul style="list-style-type: none"> <li>Eliminate all milk and milk products made from cow's, goat's and any other animal's milk (evaporated milk, condensed milk, cheese, yogurt, cream, ice cream, butter, ghee, and sour cream)</li> </ul> <p><b><u>Milk may also be in these foods:</u></b></p> <ul style="list-style-type: none"> <li>Baked goods</li> <li>Cereals, crackers</li> <li>Artificial butter flavor</li> <li>Margarine</li> <li>Starter cultures</li> <li>Non-dairy creamer</li> <li>Luncheon meat, hotdogs, sausage</li> </ul> | <p><b>Milk Alternatives</b></p> <ul style="list-style-type: none"> <li>Coconut milk</li> <li>Flaxseed milk</li> <li>Hemp milk</li> <li>Oat milk (gluten-free)</li> <li>Pea protein milk</li> <li>Quinoa milk</li> <li>Rice milk</li> </ul> <p><b>Cheese Alternatives</b></p> <ul style="list-style-type: none"> <li>Coconut cheese</li> <li>Pea protein cheese</li> <li>Rice cheese</li> <li>Vegan cheese products* (soy free options only)</li> </ul> <p><b>Yogurt Alternatives</b></p> <ul style="list-style-type: none"> <li>Coconut milk yogurt</li> <li>Hemp milk yogurt</li> <li>Oat milk yogurt (gluten free)</li> </ul> <p><b>Ice Cream Alternatives</b></p> <ul style="list-style-type: none"> <li>Coconut milk ice cream</li> <li>Oat milk ice cream (gluten free)</li> <li>Rice-based ice cream*</li> </ul> <p><b>Sour Cream Alternatives</b></p> <ul style="list-style-type: none"> <li>Butter beans/oat based sour cream</li> <li>Coconut oil based sour cream</li> </ul> <p><b>Butter/Margarine Alternatives</b></p> <ul style="list-style-type: none"> <li>Coconut oil based spreads</li> <li>Pea protein based spreads</li> <li>Plant-based oil spreads</li> </ul> <p><i>Substitutes must also be soy, egg, gluten, nut, and fish-free.</i></p> |

| Eliminated Food                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Use These Products Instead                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
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| <p><b>Wheat/Gluten</b></p> <ul style="list-style-type: none"> <li>Eliminate breads, pasta, crackers, cookies, cereals, cakes, pies, beer, and any packaged products made with wheat, barley, or rye.</li> </ul> <p>**Due to the risk of cross contact, it is recommended to <u>eliminate gluten containing grains</u> including barley and rye. Barley and rye are two wheat-free grains that contain gluten. Oats may contain wheat due to cross-contact, therefore gluten free oats are recommended.</p> <p><b><u>Gluten may also be in these foods:</u></b></p> <ul style="list-style-type: none"> <li>Starch, modified food starch</li> <li>Soy sauce</li> <li>Imitation meats/seafood</li> <li>Gravies, sauces, seasoned mixes or snacks</li> <li>Malt flavoring, extract, vinegar</li> </ul> | <p><b>Gluten-free Alternatives:</b></p> <p>Amaranth<br/>Buckwheat<br/>Chickpea, garbanzo<br/>Corn and rice-based cereals<br/>Grits<br/>Millet<br/>Potato<br/>Quinoa<br/>Rice, all variety*<br/>Soba noodles (buckwheat)<br/>Sweet potato<br/>Tapioca starch<br/>Tapioca flour<br/>Teff</p> <p><b>Flour Alternatives</b></p> <ul style="list-style-type: none"> <li><i>Grains:</i> amaranth, buckwheat, corn, millet, gluten-free oats, brown rice, white rice, teff, quinoa, chickpea or garbanzo flour</li> <li><i>Roots:</i> arrowroot, tapioca</li> <li><i>Legumes:</i> black, white, and fava beans; chickpea</li> <li><i>Seeds:</i> flax, chia seeds</li> <li><i>Fruit:</i> coconut</li> <li><i>Vegetable:</i> white/sweet potato, cauliflower</li> </ul> <p><b>Gluten-free Cereals &amp; Pasta</b></p> <ul style="list-style-type: none"> <li>Products made with grains, roots, or legumes listed above. Most will be labelled as “gluten-free”</li> <li>Corn and Rice based cereals*</li> <li>Gluten free pasta</li> </ul> <p><b>Gluten-free Breads</b></p> <ul style="list-style-type: none"> <li>Breads made with: <ul style="list-style-type: none"> <li>Gluten-free grain flours + seeds (“heartier” bread)</li> <li>Potato &amp; tapioca flour (“creamy” bread)</li> <li>Rice &amp; tapioca flour (drier bread)</li> <li>Sunflower, pumpkin, chia seed flour (moister bread)</li> </ul> </li> <li>Replace bread with: <ul style="list-style-type: none"> <li>Corn tortilla, coconut wraps, sweet potato slices, portabella mushrooms, lettuce, cucumber slices</li> </ul> </li> </ul> <p><b>Gluten-free Snacks</b></p> <ul style="list-style-type: none"> <li>Gluten free crackers*<br/>Rice, nut, cauliflower, or multi-seed crackers</li> <li>Potato, tortilla (corn), veggie (seaweed, cassava, beet, carrot), quinoa and lentil chips*</li> <li>Popcorn*</li> </ul> |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <ul style="list-style-type: none"> <li>• Dried or fresh fruit, seeds, milk-free chocolate, popcorn, rice cakes, raw veggies, bean dips, chickpea puffs, fruit bars, jerky, gluten-free grain granola</li> </ul> <p><b>Gluten-free Beer</b></p> <ul style="list-style-type: none"> <li>• Millet, buckwheat, brown rice, oat, maize, or quinoa based beer</li> </ul> <p><b>Clear and Distilled Spirits</b></p> <ul style="list-style-type: none"> <li>• For bourbon, whiskey, and rye, verify that no malted grain is added after distillation.</li> </ul> <p><i>Substitutes must also be milk, egg, soy, nut, and fish-free.</i></p>                  |
| <p><b>Soy or soya bean</b></p> <ul style="list-style-type: none"> <li>• Eliminate soybeans (edamame, soy nuts) and soy products (tofu, tempeh, miso, soy sauce, shoyu, tamari sauce, soy cheese, soy flour, soy milk, soy yogurt, soy sprouts)</li> </ul> <p><b><u>Soy may also be in these foods:</u></b></p> <ul style="list-style-type: none"> <li>• Asian cuisine</li> <li>• Vegetable gum, starch or broth</li> <li>• Soy meatless burgers</li> <li>• Margarines</li> </ul> <p>** The only exception with soy is that soy lecithin and highly refined soy oil is okay. Avoid cold-pressed, expelled or extruded soy oils—sometimes called gourmet soy oils. For more information on this please see:<br/> <a href="https://www.foodallergy.org/living-food-allergies/food-allergy-essentials/common-allergens/soy">https://www.foodallergy.org/living-food-allergies/food-allergy-essentials/common-allergens/soy</a></p> | <p><b>Soy Sauce Alternatives</b></p> <ul style="list-style-type: none"> <li>• Coconut aminos</li> </ul> <p><b>Soy Tofu Alternatives</b></p> <ul style="list-style-type: none"> <li>• Hemp tofu</li> <li>• Pumpkin seed tofu</li> </ul> <p><b>Soy Burger Alternatives</b></p> <ul style="list-style-type: none"> <li>• Bean based burgers</li> <li>• Grain (e.g., quinoa) and potato-based burgers</li> <li>• Vegetable based burgers</li> </ul> <p><b>Edamame Alternatives</b></p> <ul style="list-style-type: none"> <li>• Fava beans</li> <li>• Chickpeas</li> </ul> <p><i>Substitutes must also be milk, egg, gluten, nut, and fish-free.</i></p> |
| <p><b>Egg</b></p> <ul style="list-style-type: none"> <li>• Eliminate both egg whites and egg yolk from all birds (chicken, duck, turkey, goose, quail)</li> </ul> <p><b><u>Eggs may also be in these foods:</u></b></p> <ul style="list-style-type: none"> <li>• Baked goods</li> <li>• Egg substitutes</li> <li>• Marshmallows</li> <li>• Pasta/macaroni/noodles</li> <li>• Imitation meats/seafood</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <p><b>Scrambled Egg Alternatives</b></p> <ul style="list-style-type: none"> <li>• Bean protein isolate products</li> <li>• Commercially available egg replacers: <ul style="list-style-type: none"> <li>○ Potato/tapioca starch, chickpea, or chia seed-based replacers</li> <li>○ Aquafaba</li> </ul> </li> </ul> <p><i>Substitutes must also be milk, soy, gluten, nut, and fish-free.</i></p>                                                                                                                                                                                                                                                     |

| Eliminated Food                                                                                                                                                                                                                                                                                                                                                                                 | Use These Products Instead                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Fish and Shellfish</b></p> <ul style="list-style-type: none"> <li>Eliminate all fish and shellfish</li> </ul>                                                                                                                                                                                                                                                                             | <p>There are no fish substitutes that do not contain any of the foods that must be eliminated on the 6-food elimination diet.</p> <p>To obtain healthy fats found in fish, substitutes include:</p> <ul style="list-style-type: none"> <li>Flax, hemp, or chia seeds; flaxseed oil</li> <li>Omega-3 supplements (algae based)</li> </ul>                                                                                                                                                                       |
| <p><b>Peanuts and Tree Nuts</b></p> <ul style="list-style-type: none"> <li>Eliminate whole peanuts and tree nuts and processed foods containing nuts</li> </ul> <p><b><u>Nuts may also be in these foods:</u></b></p> <ul style="list-style-type: none"> <li>Pesto</li> <li>Baked goods, candy, chocolates, energy bars</li> <li>Asian, African, Mexican cuisine</li> <li>Mole sauce</li> </ul> | <p><b>Peanut Butter and Nut Butter Alternatives</b></p> <ul style="list-style-type: none"> <li>Coconut butter</li> <li>Hemp seed butter</li> <li>Pumpkin seed butter</li> <li>Sunflower seed butter</li> <li>Tahini (sesame seed) butter</li> <li>Tigernut (tuber) spread</li> </ul> <p><b>Nut Snack Alternatives</b></p> <ul style="list-style-type: none"> <li>Sunflower seeds</li> <li>Pumpkin seeds</li> </ul> <p>*Highly processed peanut oil is ALLOWABLE.<br/>Coconut is ALLOWABLE (it is a fruit).</p> |

**Caution:** Manufacturers may change ingredients in foods, so it is best to check food label each time you purchase a food item. If you have questions regarding ingredients contained in a food product, contact the manufacturer.

### **ALLOWED** Fruits and vegetables

All fresh fruits and vegetables  
Canned and frozen\*

Beef  
Chicken  
Lamb  
Legumes (except soy and peanuts)  
Pork

Oils, any variety  
Seeds (chai, flax, hemp, sunflower

Coffee  
Non-dairy creamer\*  
Fruit juice  
Rice/coconut/flax/hemp milk  
Soft drinks

#### **Proteins**

Turkey  
Venison  
Processed meat\*  
Protein powder: rice, hemp, pea, quinoa\*

#### **Fats/oils**

pumpkin)  
Dairy-free margarine

#### **Beverages**

Tea  
Water  
Alcohol: wine, GF beer, plain distilled liquor

## Recipe Substitutions

### Substitutions for milk

| If a recipe calls for: | Try:                                                                                                                                            |
|------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 cup whole milk       | ½ cup rice milk and ½ cup water                                                                                                                 |
| 1 cup skim milk        | 1 cup milk alternative                                                                                                                          |
| 1 ounce cheese         | 1 ounce pea protein cheese                                                                                                                      |
| 1 Tbsp cream cheese    | 1 Tbsp non-dairy cream cheese                                                                                                                   |
| 1 cup sour cream       | 1 cup plant based sour cream OR<br>1 cup coconut cream (¾ cup coconut cream, ¼ tsp apple cider vinegar, 1 ½ tsp lemon juice, pinch of sea salt) |
| 1 cup butter           | ¾ cup olive oil or 1 cup mashed banana or 1 cup milk and soy free margarine                                                                     |
| 1 cup heavy cream      | 2/3 cup rice milk and 1/3 cup canola or corn oil                                                                                                |
| 1 cup light cream      | 3/4 cup rice milk and 1/4 cup canola or corn oil                                                                                                |
| 1 cup buttermilk       | 1 cup rice milk and 1 Tbsp lemon juice                                                                                                          |
| 1 cup yogurt           | 1 cup non-dairy yogurt or 1 cup applesauce                                                                                                      |

### Substitutions for wheat/gluten flour

| If a recipe calls for:            | Try:                          |
|-----------------------------------|-------------------------------|
| 1 Tbsp wheat flour for thickening | 1 Tbsp rice flour             |
| 1 Tbsp wheat flour for thickening | 1 Tbsp quick cooking tapioca  |
| 1 Tbsp wheat flour for thickening | 1 ½ tsp corn or potato starch |
| 1 cup wheat flour in recipes      | 1 cup corn or rice flour      |

### Characteristics of wheat/gluten substitutes:

| Flour Type       | Flavor               | Best for                        |
|------------------|----------------------|---------------------------------|
| Buckwheat Flour  | Rich, earthy flavor  | Quick breads                    |
| Sorghum Flour    | Mild, sweet flavor   | Quick breads, muffins, desserts |
| Amaranth Flour   | Earthy, nutty flavor | Pie crusts, tortilla            |
| White rice flour | Neutral              | thickener                       |
| Brown rice flour | Hearty, nutty        | Breading, thickener             |
| Chickpea flour   | Dense                | Thickener                       |

\*A binder such as xanthan gum may need to be included with these flours in recipes  
Recommend ¼ tsp xanthan gum per 1 cup flour

**Substitutions for egg**

| <b>If a recipe calls for:</b> | <b>Try:</b>                                                                             | <b>Best for:</b>                               |
|-------------------------------|-----------------------------------------------------------------------------------------|------------------------------------------------|
| 1 egg                         | ¼ cup unsweetened applesauce                                                            | Binding and Moisture                           |
| 1 egg                         | ¼ cup mashed banana                                                                     | Moisture                                       |
| 1 egg                         | 4.5 ounce jar baby food prunes                                                          | Moisture                                       |
| 1 egg                         | ¼ cup pureed pumpkin                                                                    | Moisture                                       |
| 1 egg                         | 1 tsp baking soda (add to dry ingredients) +<br>1 Tbsp vinegar (add to wet ingredients) | Leavening                                      |
| 1 egg                         | 1 Tbsp flaxseed meal + 3 Tbsp water                                                     | Binding                                        |
| 1 egg                         | 2 Tbsp of paste (add 2 Tbsp gelatin in 1 cup boiling water to make paste)               | Binding                                        |
| 1 egg                         | Commercial Egg replacers per package label (e.g., aquafaba products)                    | Binding, leavening, emulsifying and thickening |

**Substitutions for peanuts or tree nuts**

| <b>If a recipe calls for:</b> | <b>Try:</b>                                                                        |
|-------------------------------|------------------------------------------------------------------------------------|
| 1 measure nuts                | ½ measure of crisp rice cereal                                                     |
| 1 measure nuts                | Slightly less than 1 measure pumpkin or sunflower seeds (unsalted) or seed butters |
| 1 measure nuts                | 1 measure raisins or dried cranberries                                             |
| 1 measure nuts                | 1 measure milk free chocolate chips                                                |
| 1 measure nuts                | 1 measure roasted chickpeas                                                        |



## 6-Food Elimination Diet Sample Menus

The 6-Food Elimination Diet avoids six common allergens – **animal milk, wheat, egg, soy, peanuts/tree nuts, and fish/shellfish.**

You can meet your nutrient needs by eating a variety of allowed foods each day. Make time during the day to nourish yourself with 3 meals + 1-2 snacks (as desired) daily. Use your body as a guide, if you are hungry, eat!

Build a balanced plate with this formula = a gluten free whole grain or starch + produce (fruits, vegetables) + protein + a little healthy fat. See examples of balanced meals below. When using milk alternatives, look for substitutes that are fortified with calcium and vitamin D.

\*Remember to read all food labels for dairy (milk), wheat, egg, soy, peanuts/tree nuts, and fish/shellfish ingredients.

GF = gluten free

DF = dairy free

### Breakfast

GF oatmeal with ½ cup fresh berries, topped with ground flaxseed or chia seeds, rice milk

Breakfast quinoa – combine ½ cup quinoa, 1 tsp cinnamon, 2 teaspoons vanilla extract, and ¾ cup canned light coconut milk. Bring to a boil then simmer for ~15 min. Top with sliced banana. Makes 2 servings. *From howsweeteats.com*

GF cold cereal: with a banana and milk of choice: hemp, rice or coconut milk

Sweet stuffed sweet potato with 2 tbsp nut butter, sliced banana, dairy-free chocolate chips\*

Savory stuffed sweet potato with black beans, topped with tomatoes, salsa, avocado, lettuce, cumin

Gluten free English muffin\* with smashed avocado, tomato slices, pumpkin seeds or hemp hearts

Cream of rice cereal with 1 tsp brown sugar, ½ cup blueberries or strawberries, hemp hearts

Gluten free bread toasted or bagel\* with 2 Tbsp seed butter\*, jam, or dairy-free, soy-free cream cheese\*

GF pancake/waffles\*, maple syrup, turkey sausage\*

Coconut milk yogurt w/fruit of choice, hemp hearts

Smoothie: coconut/rice milk, 1 cup fruit of choice, consider adding ½ cup spinach, and 1 scoop of a brown rice or hemp protein powder

### Lunch/Dinner

Build a sandwich or wrap with on GF bread\* or wrap\* with side of 1 cup fruit or vegetable and baked potato chips\* or GF pretzels\*:

- Lean turkey, lettuce, tomato, mustard
- Sunflower butter and jelly
- Chicken salad with plain coconut yogurt, dried cranberries, celery

Homemade or canned\* chicken and rice soup, vegetable soup, lentil soup, or chili, rice crackers mandarin oranges

Grilled chicken, medium baked potato, dairy-free butter spread (soy free)\*, roasted carrots

Corn quesadilla or tacos with chicken or black beans, dairy-free, soy-free cheese shreds\*, salsa, avocado

Dairy free, gluten free mac and cheese (can use rice or coconut milk when making the sauce), sautéed spinach

Tossed salad with lean protein (chicken, turkey, or chickpeas), cucumber, tomato, shredded carrots, olive oil/balsamic vinegar dressing\* GF crackers\* or piece of fruit

Baked pork chop  
Sweet potato or squash, tossed salad with tomato, cucumber, and allowed salad dressing\*

Chicken or beef stir-fry with bok choy, carrots, red bell pepper, broccoli, garlic, onion, sautéed in coconut aminos (**avoid** soy sauce)\* white or brown rice

Grilled chicken/steak, side of quinoa with sautéed vegetables of choice (peppers, broccoli, carrots, spinach, mushrooms, garlic, onion etc.)  
1 cup raspberries or 1 pear or fruit of choice

Grilled kabobs with chicken, green bell pepper, tomato, zucchini, onion, brown

rice or quinoa

Stuffed sweet potato with mixture of chickpeas, sliced mushrooms, spinach, olive oil, tahini

Gluten free pasta\* or spaghetti squash with ground turkey/beef, allowed marinara sauce\*, broccoli

Hamburger, turkey burger\*, or black bean/ veggie burger\* on gluten free bun\* ketchup, mustard, lettuce, tomato  
Baked sweet potato fries

Turkey with homemade gravy from the bird thickened with corn starch, mashed potatoes, asparagus

Grilled chicken marinated in allowed Italian dressing\*, roasted potatoes with rosemary or brown rice, zucchini, or vegetable of choice

### Snacks

Popcorn

Corn tortilla chips and salsa or guacamole\*

Hummus\* with vegetables (baby carrots, cucumber, bell pepper, broccoli, etc.) or gluten free pretzels

Rice cakes\* topped with seed butter, sliced fruit, cinnamon

Rice- or coconut-based ice cream\*

Fruit and small handful pumpkin/sunflower seeds

Apple or banana with seed butter

Celery sticks with seed butter or dairy-free, soy-free cream cheese\* and raisins

Coconut yogurt\* topped with GF granola\* and berries or fruit of choice

Fruit and seed-based granola bar\*

Gluten free pretzels\*

Potato, sweet potato or tortilla chips\*

Homemade trail mix: sunflower seeds, raisins, rice cereal, GF pretzels\*, dairy-free chocolate chips\*

## 4-Food Elimination Diet Foods to Avoid

The 4-Food Elimination Diet avoids four common allergens, **animal milk, wheat, egg, and soy.**

All FDA regulated pre-packaged food products that contain milk, wheat, egg, or soy as an ingredient are required by U.S. law to list the word “milk”, “wheat”, “egg” or “soy” on the product label.

### Milk Elimination

It is important to always read all ingredients on a food label to identify foods containing milk. Avoid foods that contain milk or any of these ingredients:

|                                              |                                    |
|----------------------------------------------|------------------------------------|
| butter, butter fat, butter oil, butter acid, | lactalbumin, lactalbumin phosphate |
| butter ester(s)                              | lactoferrin                        |
| buttermilk                                   | lactose                            |
| casein                                       | lactulose                          |
| casein hydrolysate                           | milk (in all forms)                |
| caseinates (in all forms)                    | milk protein hydrolysate           |
| cheese                                       | pudding                            |
| cottage cheese                               | rennet casein                      |
| cream                                        | sour cream, sour cream solids      |
| curds                                        | sour milk solids                   |
| custard                                      | tagatose                           |
| diacetyl                                     | whey (in all forms)                |
| ghee                                         | whey protein hydrolysate           |
| half-and-half                                | yogurt                             |

### Foods that sometimes contain milk:

- Milk may be found in artificial butter flavor, baked goods, caramel candies, cereal, chocolate, cold cuts, crackers, lactic acid start culture and other bacterial cultures, margarines, non-dairy products, nisin, nougat, processed and canned meats and frozen and refrigerated soy products.
- Most mammalian milks such as sheep and goat’s milk should be eliminated

### Usually safe:

- Cocoa butter, coconut milk, calcium lactate, cream of tartar

## Wheat Elimination

It is important to always read all ingredients on a food label to identify foods containing wheat. Avoid foods that contain wheat or any of these ingredients:

|                                                                                                                                                                         |                                                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| bread crumbs                                                                                                                                                            | matzoh, matzoh meal                                             |
| bulgur                                                                                                                                                                  | pasta                                                           |
| cereal extract                                                                                                                                                          | seitan                                                          |
| club wheat                                                                                                                                                              | semolina                                                        |
| couscous                                                                                                                                                                | spelt                                                           |
| cracker meal                                                                                                                                                            | sprouted wheat                                                  |
| durum                                                                                                                                                                   | triticale                                                       |
| einkorn                                                                                                                                                                 | vital wheat gluten                                              |
| emmer                                                                                                                                                                   | wheat (bran, durum, germ, gluten, grass, malt, sprouts, starch) |
| farina                                                                                                                                                                  | wheat bran hydrolysate                                          |
| flour (all purpose, bread, cake, durum, enriched, graham, high gluten, high protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat) | wheat germ oil                                                  |
| hydrolyzed wheat protein                                                                                                                                                | wheat grass                                                     |
|                                                                                                                                                                         | wheat protein isolate                                           |
|                                                                                                                                                                         | whole wheat berries                                             |

### Foods that sometimes contain wheat:

- Wheat may be found in ale, baking mixes, baked products, batter-fried foods, beer, breaded foods, cereals, candy, crackers, processed meats, ice cream products, salad dressings, sauces, soups, soy sauce, starch, surimi
- Barley and rye are two wheat-free grains that contain gluten. **Due to the risk of cross contact, it is recommended to eliminate gluten containing grains including barley and rye.** Barley may be present in malt flavoring and malt extract.

### Usually safe:

- Flour substitutes such as amaranth, arrowroot, buckwheat, corn, millet, teff, gluten-free oats, potato, rice, tapioca, quinoa flour

## Egg Elimination

It is important to always read all ingredients on a food label to identify foods containing egg. Avoid foods that contain egg or any of these ingredients:

albumin (*also spelled albumen*)  
 egg (*dried, powdered, solids, white, yolk*)  
 eggnog  
 globulin  
 livetin  
 lysozyme

mayonnaise  
 meringue (*meringue powder*)  
 surimi  
 vitellin  
 words starting with “ovo” or “ova” (*such as ovalbumin*)

### Egg is sometimes found in the following:

baked goods  
 breaded items  
 drink foam (*alcoholic, specialty coffee*)  
 egg substitutes  
 fried rice  
 ice cream

lecithin  
 marzipan  
 marshmallows  
 meatloaf or meatballs  
 nougat  
 pasta

### Keep the following in mind:

- Individuals with egg allergy should also avoid eggs from duck, turkey, goose, quail, etc., as these are known to be cross-reactive with chicken egg.
- While the whites of an egg contain the allergenic proteins, patients with an egg allergy must avoid all eggs completely.

### **Soy Elimination**

It is important to always read all ingredients on a food label to identify foods containing soy. Avoid foods that contain soy or any of these ingredients:

|                                                                                                                                     |                                                         |
|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|
| edamame                                                                                                                             | soy protein ( <i>concentrate, hydrolyzed, isolate</i> ) |
| miso                                                                                                                                | shoyu                                                   |
| natto                                                                                                                               | soy sauce                                               |
| soy ( <i>soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt</i> ) | tamari                                                  |
| soya                                                                                                                                | tempeh                                                  |
| soybean ( <i>curd, granules</i> )                                                                                                   | textured vegetable protein ( <i>TVP</i> )               |
|                                                                                                                                     | tofu                                                    |

Soy is sometimes found in the following:

|                 |                  |
|-----------------|------------------|
| Asian cuisine   | vegetable gum    |
| vegetable broth | vegetable starch |

Keep the following in mind:

- The FDA exempts highly refined soybean oil from being labeled as an allergen. Studies show most allergic individuals can safely eat soy oil that has been highly refined (not cold pressed, expeller pressed, or extruded soybean oil).
- Most individuals allergic to soy can safely eat soy lecithin.
- Follow your doctor's advice regarding these ingredients.

**Resource: [foodallergy.org](http://foodallergy.org)**

## 4-Food Elimination Diet

### Allowed foods, alternatives, and substitutions

The 4-Food Elimination Diet avoids the four most common allergens – **animal milk, wheat, egg, soy** – to identify the cause of your eosinophilic esophagitis (EoE).

Below is a list of **foods allowed** to be consumed during the elimination phase.

\*It's important to read all pre-packaged food labels for milk, wheat/gluten, egg, and soy ingredients.

| Eliminated Food                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Use These Products Instead                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Milk and milk products</b></p> <ul style="list-style-type: none"> <li>Eliminate all milk and milk products made from cow's, goat's and any other animal's milk (evaporated milk, condensed milk, cheese, yogurt, cream, ice cream, butter, ghee, and sour cream)</li> </ul> <p><b><u>Milk may also be in these foods:</u></b></p> <ul style="list-style-type: none"> <li>Baked goods</li> <li>Cereals, crackers</li> <li>Artificial butter flavor</li> <li>Margarine</li> <li>Starter cultures</li> <li>Non-dairy creamer</li> <li>Luncheon meat, hotdogs, sausage</li> </ul> | <p><b>Milk Alternatives</b></p> <ul style="list-style-type: none"> <li>Coconut milk</li> <li>Flaxseed milk</li> <li>Hemp milk</li> <li>Nut milk (cashew, almond, macadamia)</li> <li>Oat milk (gluten-free)</li> <li>Pea protein milk</li> <li>Quinoa milk</li> <li>Rice milk</li> </ul> <p><b>Cheese Alternatives</b></p> <ul style="list-style-type: none"> <li>Coconut cheese</li> <li>Pea protein cheese</li> <li>Rice cheese</li> <li>Vegan cheese products* (soy free options only)</li> </ul> <p><b>Yogurt Alternatives</b></p> <ul style="list-style-type: none"> <li>Almond milk yogurt</li> <li>Coconut milk yogurt</li> <li>Hemp milk yogurt</li> <li>Oat milk yogurt (gluten free)</li> </ul> <p><b>Ice Cream Alternatives</b></p> <ul style="list-style-type: none"> <li>Almond milk ice cream</li> <li>Cashew milk ice cream</li> <li>Coconut milk ice cream</li> <li>Oat milk ice cream (gluten free)</li> </ul> <p><b>Sour Cream Alternatives</b></p> <ul style="list-style-type: none"> <li>Butter beans/oat based sour cream</li> <li>Coconut oil based sour cream</li> </ul> <p><b>Butter/Margarine Alternatives</b></p> <ul style="list-style-type: none"> <li>Coconut oil based spreads</li> <li>Pea protein based spreads</li> <li>Plant-based oil spreads</li> </ul> <p><i>Substitutes must also be soy, egg, and gluten-free.</i></p> |



| Eliminated Food                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Use These Products Instead                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
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| <p><b>Wheat/Gluten</b></p> <ul style="list-style-type: none"> <li>Eliminate breads, pasta, crackers, cookies, cereals, cakes, pies, beer, and any packaged products made with wheat, barley, or rye.</li> </ul> <p>**Due to the risk of cross contact, it is recommended to <u>eliminate gluten containing grains</u> including barley and rye. Barley and rye are two wheat-free grains that contain gluten. Oats may contain wheat due to cross-contact, therefore gluten free oats are recommended.</p> <p><b><u>Gluten may also be in these foods:</u></b></p> <ul style="list-style-type: none"> <li>Starch, modified food starch</li> <li>Soy sauce</li> <li>Imitation meats/seafood</li> <li>Gravies, sauces, seasoned mixes or snacks</li> <li>Malt flavoring, extract, vinegar</li> </ul> | <p><b>Gluten-free Alternatives:</b></p> <p>Amaranth<br/>Buckwheat<br/>Chickpea, garbanzo<br/>Corn and rice-based cereals<br/>Grits<br/>Millet<br/>Potato<br/>Quinoa<br/>Rice, all variety*<br/>Soba noodles (buckwheat)<br/>Sweet potato<br/>Tapioca starch<br/>Tapioca flour<br/>Teff</p> <p><b>Flour Alternatives</b></p> <ul style="list-style-type: none"> <li><i>Grains:</i> amaranth, buckwheat, corn, millet, gluten-free oats, brown rice, white rice, teff, quinoa, chickpea or garbanzo flour</li> <li><i>Roots:</i> arrowroot, tapioca</li> <li><i>Legumes:</i> black, white, and fava beans; chickpea</li> <li><i>Seeds:</i> flax, chia seeds</li> <li><i>Fruit:</i> coconut</li> <li><i>Vegetable:</i> white/sweet potato, cauliflower</li> </ul> <p><b>Gluten-free Cereals &amp; Pasta</b></p> <ul style="list-style-type: none"> <li>Products made with grains, roots, or legumes listed above. Most will be labelled as “gluten-free”</li> <li>Corn and Rice based cereals*</li> <li>Gluten free pasta</li> </ul> <p><b>Gluten-free Breads</b></p> <ul style="list-style-type: none"> <li>Breads made with: <ul style="list-style-type: none"> <li>Gluten-free grain flours + seeds (“heartier” bread)</li> <li>Potato &amp; tapioca flour (“creamy” bread)</li> <li>Rice &amp; tapioca flour (drier bread)</li> <li>Sunflower, pumpkin, chia seed flour (moister bread)</li> </ul> </li> <li>Replace bread with: <ul style="list-style-type: none"> <li>Corn tortilla, coconut wraps, sweet potato slices, portabella mushrooms, lettuce, cucumber slices</li> </ul> </li> </ul> <p><b>Gluten-free Snacks</b></p> <ul style="list-style-type: none"> <li>Gluten free crackers*<br/>Rice, nut, cauliflower, or multi-seed crackers</li> <li>Potato, tortilla (corn), veggie (seaweed, cassava, beet, carrot), quinoa and lentil chips*</li> <li>Popcorn*</li> </ul> |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
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|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <ul style="list-style-type: none"> <li>• Dried or fresh fruit, seeds, milk-free chocolate, popcorn, rice cakes, raw veggies, bean dips, chickpea puffs, fruit bars, jerky, gluten-free grain granola</li> <li>• Dried or salted nuts</li> </ul> <p><b>Gluten-free Beer</b></p> <ul style="list-style-type: none"> <li>• Millet, buckwheat, brown rice, oat, maize, or quinoa-based beer</li> </ul> <p><b>Clear and Distilled Spirits</b></p> <ul style="list-style-type: none"> <li>• For bourbon, whiskey, and rye, verify that no malted grain is added after distillation.</li> </ul> <p><i>Substitutes must also be milk, soy, and egg-free.</i></p>                  |
| <p><b>Soy or soya bean</b></p> <ul style="list-style-type: none"> <li>• Eliminate soybeans (edamame, soy nuts) and soy products (tofu, tempeh, miso, soy sauce, shoyu, tamari sauce, soy cheese, soy flour, soy milk, soy yogurt, soy sprouts)</li> </ul> <p><b><u>Soy may also be in these foods:</u></b></p> <ul style="list-style-type: none"> <li>• Asian cuisine</li> <li>• Vegetable gum, starch or broth</li> <li>• Soy meatless burgers</li> <li>• Margarines</li> </ul> <p>** The only exception with soy is that soy lecithin and highly refined soy oil is okay. Avoid cold-pressed, expelled or extruded soy oils—sometimes called gourmet soy oils. For more information on this please see: <a href="https://www.foodallergy.org/living-food-allergies/food-allergy-essentials/common-allergens/soy">https://www.foodallergy.org/living-food-allergies/food-allergy-essentials/common-allergens/soy</a></p> | <p><b>Soy Sauce Alternatives</b></p> <ul style="list-style-type: none"> <li>• Coconut aminos</li> <li>• Worcestershire sauce</li> </ul> <p><b>Soy Tofu Alternatives</b></p> <ul style="list-style-type: none"> <li>• Hemp tofu</li> <li>• Pumpkin seed tofu</li> </ul> <p><b>Soy Burger Alternatives</b></p> <ul style="list-style-type: none"> <li>• Bean based burgers</li> <li>• Grain (e.g., quinoa) and potato-based burgers</li> <li>• Vegetable based burgers</li> </ul> <p><b>Edamame Alternatives</b></p> <ul style="list-style-type: none"> <li>• Fava beans</li> <li>• Chickpeas</li> </ul> <p><i>Substitutes must also be milk, egg, and gluten-free.</i></p> |
| <p><b>Egg</b></p> <ul style="list-style-type: none"> <li>• Eliminate both egg whites and egg yolk from all birds (chicken, duck, turkey, goose, quail)</li> </ul> <p><b><u>Eggs may also be in these foods:</u></b></p> <ul style="list-style-type: none"> <li>• Baked goods</li> <li>• Egg substitutes</li> <li>• Marshmallows</li> <li>• Pasta/macaroni/noodles</li> <li>• Imitation meats/seafood</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <p><b>Scrambled Egg Alternatives</b></p> <ul style="list-style-type: none"> <li>• Bean protein isolate products</li> </ul> <ul style="list-style-type: none"> <li>• Commercially available egg replacers:       <ul style="list-style-type: none"> <li>○ Potato/tapioca starch, chickpea, or chia seed-based replacers</li> <li>○ Aquafaba</li> </ul> </li> </ul> <p><i>Substitutes must also be milk, soy, and gluten-free.</i></p>                                                                                                                                                                                                                                      |

**Caution:** Manufacturers may change ingredients in foods, so it is best to check food label each time you purchase a food item. If you have questions regarding ingredients contained in a food product, contact the manufacturer.

**ALLOWED**  
**Fruits and vegetables**

All fresh fruits and vegetables  
Canned and frozen\*

**Proteins**

Beef  
Chicken  
Fish/shellfish  
Lamb  
Legumes (except soy)  
Pork

Turkey  
Venison  
Processed meat\*  
Protein powder: rice, hemp, pea,  
quinoa\*

**Fats/oils**

Nuts  
Oils, any variety  
Peanut butter, or other nut butter

Seeds (chai, flax, hemp, sunflower,  
pumpkin)  
Dairy-free margarine\*

**Beverages**

Coffee  
Non-dairy creamer\*  
Fruit juice  
Almond/rice/coconut/pea  
protein/flax/hemp/cashew milk

Soft drinks  
Tea  
Water  
Alcohol: wine, GF beer, plain distilled  
liquor

## Recipe Substitutions

### Substitutions for milk

| If a recipe calls for: | Try:                                                                                                                                            |
|------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 cup whole milk       | ½ cup rice milk and ½ cup water                                                                                                                 |
| 1 cup skim milk        | 1 cup milk alternative                                                                                                                          |
| 1 ounce cheese         | 1 ounce pea protein cheese                                                                                                                      |
| 1 Tbsp cream cheese    | 1 Tbsp non-dairy cream cheese                                                                                                                   |
| 1 cup sour cream       | 1 cup plant based sour cream OR<br>1 cup coconut cream (¾ cup coconut cream, ¼ tsp apple cider vinegar, 1 ½ tsp lemon juice, pinch of sea salt) |
| 1 cup butter           | ¾ cup olive oil or 1 cup mashed banana or 1 cup milk and soy free margarine                                                                     |
| 1 cup heavy cream      | 2/3 cup rice milk and 1/3 cup canola or corn oil                                                                                                |
| 1 cup light cream      | 3/4 cup rice milk and 1/4 cup canola or corn oil                                                                                                |
| 1 cup buttermilk       | 1 cup rice milk and 1 Tbsp lemon juice                                                                                                          |
| 1 cup yogurt           | 1 cup nondairy yogurt or 1 cup applesauce                                                                                                       |

### Substitutions for wheat flour

| If a recipe calls for:            | Try:                          |
|-----------------------------------|-------------------------------|
| 1 Tbsp wheat flour for thickening | 1 Tbsp rice flour             |
| 1 Tbsp wheat flour for thickening | 1 Tbsp quick cooking tapioca  |
| 1 Tbsp wheat flour for thickening | 1 ½ tsp corn or potato starch |
| 1 cup wheat flour in recipes      | 1 cup corn or rice flour      |

### Characteristics of wheat substitutes:

| Flour Type       | Flavor               | Best for                        |
|------------------|----------------------|---------------------------------|
| Buckwheat Flour  | Rich, earthy flavor  | Quick breads                    |
| Sorghum Flour    | Mild, sweet flavor   | Quick breads, muffins, desserts |
| Amaranth Flour   | Earthy, nutty flavor | Pie crusts, tortilla            |
| White rice flour | Neutral              | thickener                       |
| Brown rice flour | Hearty, nutty        | Breading, thickener             |
| Chickpea flour   | Dense                | Thickener                       |

\*A binder such as xanthan gum may need to be included with these flours in recipes  
Recommend ¼ tsp xanthan gum per 1 cup flour

**Substitutions for egg**

| <b>If a recipe calls for:</b> | <b>Try:</b>                                                                             | <b>Best for:</b>                                     |
|-------------------------------|-----------------------------------------------------------------------------------------|------------------------------------------------------|
| 1 egg                         | ¼ cup unsweetened applesauce                                                            | Binding and Moisture                                 |
| 1 egg                         | ¼ cup mashed banana                                                                     | Moisture                                             |
| 1 egg                         | 4.5 ounce jar baby food prunes                                                          | Moisture                                             |
| 1 egg                         | ¼ cup pureed pumpkin                                                                    | Moisture                                             |
| 1 egg                         | 1 tsp baking soda (add to dry ingredients) +<br>1 Tbsp vinegar (add to wet ingredients) | Leavening                                            |
| 1 egg                         | 1 Tbsp flaxseed meal + 3 Tbsp water                                                     | Binding                                              |
| 1 egg                         | 2 Tbsp of paste (add 2 Tbsp gelatin in<br>1 cup boiling water to make paste)            | Binding                                              |
| 1 egg                         | Commercial Egg replacers per<br>package label (e.g., aquafaba<br>products)              | Binding, leavening,<br>emulsifying and<br>thickening |

## 4-Food Elimination Diet Sample Menus

The 4-Food Elimination Diet avoids four common allergens – **animal milk, wheat, egg, and soy.**

You can meet your nutrient needs by eating a variety of allowed foods each day. Make time during the day to nourish yourself with 3 meals + 1-2 snacks (as desired) daily. Use your body as a guide, if you are hungry, eat!

Build a balanced plate with this formula = a gluten free whole grain or starch + produce (fruits, vegetables) + protein + a little healthy fat. See examples of balanced meals below. When using milk alternatives, look for substitutes that are fortified with calcium and vitamin D.

\*Remember to read all food labels for dairy (milk), wheat, egg, and soy ingredients.

GF = gluten free

DF = dairy free

### Breakfast

GF Oatmeal with ½ cup fresh berries, topped with walnuts or chia seeds, almond milk

Breakfast Quinoa – combine ½ cup quinoa, 1 tsp cinnamon, 2 teaspoons vanilla extract, and ¾ cup canned light coconut milk. Bring to a boil then simmer for ~15 min. Top with sliced banana and pecans. Makes 2 servings.

*From howsweeteats.com*

GF cold cereal\* with a banana and milk of choice: almond, hemp, rice, pea or coconut milk

Sweet Stuffed sweet potato with 2 tbsp nut butter, sliced banana, 1 tbsp dairy-free chocolate chips\*

Savory Stuffed sweet potato with black beans, topped with tomatoes, salsa, avocado, lettuce, cumin

Gluten free English muffin\* with smashed avocado, tomato slices

Cream of rice cereal with 1 tsp brown sugar, ½ cup blueberries, hemp hearts

GF bread toasted or bagel\* with 2Tbsp peanut or almond butter, jam, or a dairy-free, soy-free cream cheese\*

Coconut or almond milk yogurt w/fruit of choice and sliced almonds

GF pancake/waffles\*, maple syrup, turkey sausage\*

Smoothie: almond milk, 1 cup fruit of choice, consider adding ½ cup spinach, and 1 scoop of a brown rice or hemp protein powder

### Lunch/Dinner

Build a sandwich or wrap with on GF bread\* or wrap\* with side of 1 cup fruit or vegetable and baked potato chips\* or GF pretzels\*:

- Lean turkey, lettuce, tomato, mustard
- Peanut butter and jelly
- Chicken salad with plain coconut yogurt, dried cranberries, celery
- Tuna salad

Homemade chicken and rice soup or canned bean/lentil soup\* or chili\*, rice crackers

Mandarin oranges

Corn quesadilla or tacos with chicken or black beans, dairy-free, soy-free cheese products\*, salsa, avocado

Tossed salad with lean protein (chicken, tuna), cucumber, tomato, shredded carrots, olive oil/balsamic vinegar dressing\*

Rice cakes or crackers, strawberries, or an apple

Chicken or beef stir-fry with bok choy, carrots, red bell pepper, broccoli, garlic, onion, sautéed in chicken or vegetable broth\*, coconut aminos (**avoid** soy sauce)\*

White or brown rice

Gluten free, dairy free pizza\*, side salad with homemade salad dressing

Grilled chicken, medium baked potato, dairy-free, soy-free butter spread\*, roasted carrots

Dairy free, gluten free pasta\*, sautéed spinach

Baked pork chop

Sweet potato or squash, tossed salad with tomato, cucumber, and allowed salad dressing\*

Grilled scallops, quinoa with sautéed vegetables of choice (celery, broccoli, carrots, peas, corn, mushrooms, garlic, onion etc.)

Grilled kabobs with chicken, green bell pepper, tomato, zucchini, onion brown rice or quinoa

Turkey burger\* or black bean/veggie burger\* on gluten-free bun\*, ketchup, mustard, lettuce, tomato

Baked sweet potato fries

Stuffed sweet potato with mixture of chickpeas, sliced mushrooms, spinach, olive oil, tahini

Spaghetti squash with ground turkey, olive oil, oregano, sauteed tomatoes and spinach

Turkey with homemade gravy from the bird thickened with corn starch, mashed potatoes, asparagus

Gluten free pasta with shrimp, dairy free red pasta sauce, broccoli

Grilled salmon or white fish with lemon  
Baked potato or brown rice  
asparagus or vegetable of choice

Sauteed shrimp, spinach, cherry tomatoes, olive oil, lemon, garlic, salt & pepper, served over gluten free linguine noodles

### Snacks

Popcorn

Corn tortilla chips and salsa or guacamole\*

Hummus\* with vegetables (baby carrots, cucumber, bell pepper, broccoli, etc) or GF pretzels\*

Stuffed sweet potato topped with coconut yogurt, ½ apple thinly sliced, 1 tsp cinnamon

Rice cakes with peanut or almond butter

Rice- or coconut-based ice cream\*

Fruit and small handful mixed nuts

Fruit and nut-based granola/snack bar\*

Apple or banana with peanut or almond butter

Smoothie: ½ banana, ½ cup frozen berries, milk alternative of choice, ¼ cup gluten free oats, handful spinach

Celery sticks with peanut butter or a dairy free, soy free cream cheese and raisins

Almond yogurt\* topped with GF granola\* and berries or fruit of choice

Homemade Trail mix: almonds, peanuts, cashews, dried fruit, dairy-free chocolate chips\*

Gluten free pretzels\*

Sweet potato chips\*



## 2-Food Elimination Diet Foods to Avoid

The 2-Food Elimination Diet avoids two common allergens, **animal milk and wheat**.

All FDA regulated pre-packaged food products that contain milk or wheat as an ingredient are required by U.S. law to list the word “milk” and “wheat” on the product label.

### Milk Elimination

It is important to always read all ingredients on a food label to identify foods containing milk. Avoid foods that contain milk or any of these ingredients:

|                                              |                                    |
|----------------------------------------------|------------------------------------|
| butter, butter fat, butter oil, butter acid, | lactalbumin, lactalbumin phosphate |
| butter ester(s)                              | lactoferrin                        |
| buttermilk                                   | lactose                            |
| casein                                       | lactulose                          |
| casein hydrolysate                           | milk (in all forms)                |
| caseinates (in all forms)                    | milk protein hydrolysate           |
| cheese                                       | pudding                            |
| cottage cheese                               | rennet casein                      |
| cream                                        | sour cream, sour cream solids      |
| curds                                        | sour milk solids                   |
| custard                                      | tagatose                           |
| diacetyl                                     | whey (in all forms)                |
| ghee                                         | whey protein hydrolysate           |
| half-and-half                                | yogurt                             |

### Foods that sometimes contain milk:

- Milk may be found in artificial butter flavor, baked goods, caramel candies, cereal, chocolate, cold cuts, crackers, lactic acid start culture and other bacterial cultures, margarines, non-dairy products, nisin, nougat, processed and canned meats and frozen and refrigerated soy products.
- Most mammalian milks such as sheep and goat’s milk should be eliminated

### Usually safe:

- Cocoa butter, coconut milk, calcium lactate, cream of tartar

## Wheat Elimination

It is important to always read all ingredients on a food label to identify foods containing wheat. Avoid foods that contain wheat or any of these ingredients:

|                                                                                                                                                                         |                                                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| bread crumbs                                                                                                                                                            | matzoh, matzoh meal                                             |
| bulgur                                                                                                                                                                  | pasta                                                           |
| cereal extract                                                                                                                                                          | seitan                                                          |
| club wheat                                                                                                                                                              | semolina                                                        |
| couscous                                                                                                                                                                | spelt                                                           |
| cracker meal                                                                                                                                                            | sprouted wheat                                                  |
| durum                                                                                                                                                                   | triticale                                                       |
| einkorn                                                                                                                                                                 | vital wheat gluten                                              |
| emmer                                                                                                                                                                   | wheat (bran, durum, germ, gluten, grass, malt, sprouts, starch) |
| farina                                                                                                                                                                  | wheat bran hydrolysate                                          |
| flour (all purpose, bread, cake, durum, enriched, graham, high gluten, high protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat) | wheat germ oil                                                  |
| hydrolyzed wheat protein                                                                                                                                                | wheat grass                                                     |
|                                                                                                                                                                         | wheat protein isolate                                           |
|                                                                                                                                                                         | whole wheat berries                                             |

### Foods that sometimes contain wheat:

- Wheat may be found in ale, baking mixes, baked products, batter-fried foods, beer, breaded foods, cereals, candy, crackers, processed meats, ice cream products, salad dressings, sauces, soups, soy sauce, starch, surimi
- Barley and rye are two wheat-free grains that contain gluten. **Due to the risk of cross contact, it is recommended to eliminate gluten containing grains including barley and rye.** Barley may be present in malt flavoring and malt extract.

### Usually safe:

- Flour substitutes such as amaranth, arrowroot, buckwheat, corn, millet, teff, gluten-free oats, potato, rice, tapioca, quinoa flour

**Resource: [foodallergy.org](http://foodallergy.org)**

## 2-Food Elimination Diet

### Allowed foods, alternatives, and substitutions

The 2-Food Elimination Diet avoids the two most common allergens – **animal milk and wheat** – to identify the cause of your eosinophilic esophagitis (EoE).

Below is a list of **foods allowed** to be consumed during the elimination phase.

\*It's important to read all pre-packaged food labels for milk and wheat/gluten ingredients.

| Eliminated Food                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Use These Products Instead                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Milk and milk products</b></p> <ul style="list-style-type: none"> <li>Eliminate all milk and milk products made from cow's, goat's and any other animal's milk (evaporated milk, condensed milk, cheese, yogurt, cream, ice cream, butter, ghee, and sour cream)</li> </ul> <p><b><u>Milk may also be in these foods:</u></b></p> <ul style="list-style-type: none"> <li>Baked goods</li> <li>Cereals, crackers</li> <li>Artificial butter flavor</li> <li>Margarine</li> <li>Starter cultures</li> <li>Non-dairy creamer</li> <li>Luncheon meat, hotdogs, sausage</li> </ul> | <p><b>Milk Alternatives</b></p> <ul style="list-style-type: none"> <li>Coconut milk</li> <li>Flaxseed milk</li> <li>Hemp milk</li> <li>Nut milk (cashew, almond, macadamia)</li> <li>Oat milk (gluten-free)</li> <li>Pea protein milk</li> <li>Quinoa milk</li> <li>Rice milk</li> <li>Soy milk</li> </ul> <p><b>Cheese Alternatives</b></p> <ul style="list-style-type: none"> <li>Cashew cheese</li> <li>Coconut cheese</li> <li>Pea protein cheese</li> <li>Rice cheese</li> <li>Soy cheese</li> </ul> <p><b>Yogurt Alternatives</b></p> <ul style="list-style-type: none"> <li>Almond milk yogurt</li> <li>Coconut milk yogurt</li> <li>Hemp milk yogurt</li> <li>Oat milk yogurt (gluten-free)</li> <li>Soy milk yogurt</li> </ul> <p><b>Ice Cream Alternatives</b></p> <ul style="list-style-type: none"> <li>Almond milk ice cream</li> <li>Cashew milk ice cream</li> <li>Coconut milk ice cream</li> <li>Oat milk ice cream (gluten free)</li> <li>Soy milk ice cream</li> </ul> <p><b>Sour Cream Alternatives</b></p> <ul style="list-style-type: none"> <li>Butter beans/oat based sour cream</li> <li>Coconut oil based sour cream</li> <li>Soy based sour cream</li> </ul> |

| Eliminated Food                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Use These Products Instead                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Wheat/Gluten</b></p> <ul style="list-style-type: none"> <li>Eliminate breads, pasta, crackers, cookies, cereals, cakes, pies, beer, and any packaged products made with wheat, barley, or rye.</li> </ul> <p>**Due to the risk of cross contact, it is recommended to <u>eliminate gluten containing grains</u> including barley and rye. Barley and rye are two wheat-free grains that contain gluten. Oats may contain wheat due to cross-contact, therefore gluten free oats are recommended.</p> <p><b><u>Gluten may also be in these foods:</u></b></p> <ul style="list-style-type: none"> <li>Starch, modified food starch</li> <li>Soy sauce</li> <li>Imitation meats/seafood</li> <li>Gravies, sauces, seasoned mixes or snacks</li> <li>Malt flavoring, extract, vinegar</li> </ul> | <p><b>Butter/Margarine Alternatives</b></p> <ul style="list-style-type: none"> <li>Coconut oil based spreads</li> <li>Pea protein or soy based spreads</li> <li>Plant-based oil spreads</li> </ul> <p><i>Substitutes must also be gluten-free.</i></p> <p><b>Gluten-free Alternatives:</b><br/> Amaranth<br/> Buckwheat<br/> Chickpea, garbanzo<br/> Corn and rice-based cereals<br/> Grits<br/> Millet<br/> Potato<br/> Quinoa<br/> Rice, all variety*<br/> Soba noodles (buckwheat)<br/> Sweet potato<br/> Tapioca starch<br/> Tapioca flour<br/> Teff</p> <p><b>Flour Alternatives</b></p> <ul style="list-style-type: none"> <li><i>Grains:</i> amaranth, buckwheat, corn, millet, gluten-free oats, brown rice, white rice, teff, quinoa flours</li> <li><i>Roots:</i> arrowroot, tapioca</li> <li><i>Legumes:</i> black, white, and fava beans; chickpea or garbanzo flour</li> <li><i>Seeds:</i> flax, chia seeds</li> <li><i>Fruit:</i> coconut</li> <li><i>Vegetable:</i> white/sweet potato, cauliflower</li> </ul> <p><b>Gluten-free Cereals &amp; Pasta</b></p> <ul style="list-style-type: none"> <li>Products made with grains, roots, or legumes listed above. Most will be labelled as “gluten-free”</li> <li>Corn and Rice based cereals*</li> <li>Gluten free pasta</li> </ul> <p><b>Gluten-free Breads</b></p> <ul style="list-style-type: none"> <li>Breads made with: <ul style="list-style-type: none"> <li>Gluten-free grain flours + seeds (“heartier” bread)</li> <li>Potato &amp; tapioca flour (“creamy” bread)</li> <li>Rice &amp; tapioca flour (drier bread)</li> <li>Sunflower, pumpkin, chia seed flour (moister bread)</li> </ul> </li> <li>Replace bread with: <ul style="list-style-type: none"> <li>Corn tortilla, coconut wraps, sweet potato slices, portabella mushrooms, lettuce, cucumber slices</li> </ul> </li> </ul> |

|  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p><b>Gluten-free Snacks</b></p> <ul style="list-style-type: none"> <li>• Gluten free crackers*<br/>Rice, nut, cauliflower, or multi-seed crackers</li> <li>• Potato, tortilla (corn), veggie (seaweed, cassava, beet, carrot), quinoa and lentil chips</li> <li>• Popcorn*</li> <li>• Dried or fresh fruit, seeds, milk-free chocolate, rice cakes, raw veggies, bean dips, chickpea puffs, fruit bars, jerky, gluten-free grain granola</li> <li>• Dried or salted nuts</li> </ul> <p><b>Gluten-free Beer &amp; Spirits</b></p> <ul style="list-style-type: none"> <li>• Millet, buckwheat, brown rice, oat, maize, or quinoa based beer</li> </ul> <p><b>Clear and Distilled Spirits</b></p> <ul style="list-style-type: none"> <li>• For bourbon, whiskey, and rye, verify that no malted grain is added after distillation.</li> </ul> <p><i>Substitutes must also be milk-free.</i></p> |
|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Caution:** Manufacturers may change ingredients in foods, so it is best to check food label each time you purchase a food item. If you have questions regarding ingredients contained in a food product, contact the manufacturer.

### ALLOWED Fruits and vegetables

All fresh fruits and vegetables  
Canned and frozen\*

Beef  
Chicken  
Eggs  
Fish/shellfish  
Lamb  
Legumes  
Pork

Nuts  
Oils, any variety  
Peanut butter, nut butter

Coffee  
Non-dairy creamer\*  
Fruit juice  
Almond/rice/coconut/soy/pea  
protein/flax/hemp/cashew milk

#### Proteins

Tofu/tempeh\*  
Turkey  
Venison  
Processed meat\*  
Protein powder: rice, hemp, pea,  
quinoa\*

#### Fats/oils

Seeds (chai, flax, hemp, sunflower,  
pumpkin)  
Dairy-free margarine

#### Beverages

Soft drinks  
Tea  
Water  
Alcohol: wine, GF beer, plain distilled  
liquor

## Recipe Substitutions

### Substitutions for milk

| If a recipe calls for: | Try:                                                                 |
|------------------------|----------------------------------------------------------------------|
| 1 cup whole milk       | ½ cup soy or rice milk and ½ cup water                               |
| 1 cup skim milk        | 1 cup milk alternative                                               |
| ½ cup cottage cheese   | ½ cup soft tofu                                                      |
| 1 ounce cheese         | 1 ounce soy cheese                                                   |
| 1 Tbsp cream cheese    | 1 Tbsp mayonnaise or 1 Tbsp non-dairy cream cheese                   |
| 1 cup sour cream       | 1 cup tofu (pureed in blender with 1-2 tsp lemon juice)              |
| 1 cup butter           | ¾ cup olive oil or 1 cup mashed banana or 1 cup dairy free margarine |
| 1 cup heavy cream      | 2/3 cup soy or rice milk and 1/3 cup canola or corn oil              |
| 1 cup light cream      | 3/4 cup soy or rice milk and 1/4 cup canola or corn oil              |
| 1 cup buttermilk       | 1 cup soy or rice milk and 1 Tbsp lemon juice                        |
| 1 cup yogurt           | 1 cup nondairy yogurt or 1 cup applesauce                            |

### Substitutions for wheat flour

| If a recipe calls for:            | Try:                          |
|-----------------------------------|-------------------------------|
| 1 Tbsp wheat flour for thickening | 1 Tbsp rice flour             |
| 1 Tbsp wheat flour for thickening | 1 Tbsp quick cooking tapioca  |
| 1 Tbsp wheat flour for thickening | 1 ½ tsp corn or potato starch |
| 1 cup wheat flour in recipes      | 1 cup corn or rice flour      |

### Characteristics of wheat substitutes:

| Flour Type       | Flavor               | Best for                        |
|------------------|----------------------|---------------------------------|
| Buckwheat Flour  | Rich, earthy flavor  | Quick breads                    |
| Sorghum Flour    | Mild, sweet flavor   | Quick breads, muffins, desserts |
| Amaranth Flour   | Earthy, nutty flavor | Pie crusts, tortilla            |
| White rice flour | Neutral              | thickener                       |
| Brown rice flour | Hearty, nutty        | Breading, thickener             |
| Chickpea flour   | Dense                | Thickener                       |

\*A binder such as xanthan gum may need to be included with these flours in recipes  
 Recommend ¼ tsp xanthan gum per 1 cup flour

## 2-Food Elimination Diet Sample Menus

The 2-Food Elimination Diet avoids the two most common allergens – **animal milk and wheat**.

You can meet your nutrient needs by eating a variety of allowed foods each day. Make time during the day to nourish yourself with 3 meals + 1-2 snacks (as desired) daily. Use your body as a guide, if you are hungry, eat!

Build a balanced plate with this formula = a gluten free whole grain or starch + produce (fruits, vegetables) + protein + a little healthy fat. See examples of balanced meals below. When using milk alternatives, look for substitutes that are fortified with calcium and vitamin D.

\*Remember to read all food labels for dairy (milk) and wheat ingredients.

GF = gluten free

DF = dairy free

### Breakfast

Smoothie: ½ cup almond or soy yogurt, 1 banana, 4 chopped strawberries, 2 tbsp peanut butter, 10 ice cubes

GF cold cereal with milk of choice and fresh blueberries, hardboiled egg

GF oatmeal with fresh berries, topped with walnuts, cinnamon, and almond milk

Cooked buckwheat/millet with cinnamon, peanut or nut butter and sliced banana. Side of milk alternative

GF English muffin with smashed avocado, scrambled egg, tomato slices

Breakfast sandwich: GF bread, scrambled egg, slice of DF cheese

Cream of rice cereal with brown sugar and raspberries

Coconut, almond, or soy yogurt w/ fruit of choice and GF granola

GF, DF muffin with hard boiled or scrambled eggs and melon

Breakfast tacos: corn tortilla, scrambled egg, salsa, guacamole, DF shredded cheese

Omelet with veggies and DF cheese, side of cantaloupe

GF bagel with peanut or almond butter, jam, or DF cream cheese

GF pancake/waffles/French toast with maple syrup, breakfast sausage

### Lunch/Dinner

Build a sandwich on GF bread with side of 1 cup fruit or vegetable and baked potato chips:

- Lean turkey, lettuce, tomato, mustard
- Peanut butter and jelly
- Chicken salad with plain coconut yogurt, dried cranberries, celery
- Egg salad
- Tuna salad

Homemade chili with GF corn bread and shredded DF cheese

GF pasta salad with black olives, cauliflower, carrots, cherry tomatoes, grilled chicken tossed in Italian dressing

Chicken and rice soup with rice crackers and side salad

Shrimp sauteed with garlic, broccoli, olive oil lemon juice served over GF linguine noodles

Tossed salad with grilled chicken or scallops, cucumber, tomato, beets and balsamic vinegar dressing

Grilled salmon, shaved brussels sprouts and brown rice

GF, DF macaroni and cheese, grapes and side salad

Kabobs with chicken, shrimp, bell peppers, zucchini and onion served with corn on the cob

Corn tortilla tacos with chicken or black beans, salsa, avocado, shredded lettuce

Quinoa salad: sauteed celery, broccoli, carrots, mushroom, garlic, onion mixed with chickpeas, quinoa and olive oil/vinegar dressing

Tofu or beef stir fry with bok choy, bell pepper, broccoli, onion served with soy sauce and white or brown rice

Grilled lean protein (pork chop, chicken) with baked potato or sweet potato, steamed broccoli

Hamburger on GF bun with ketchup, mustard, pickle spear and side of sweet potato fries and watermelon

Spaghetti squash with marinara sauce, ground turkey and shredded DF cheese



Tomato soup with grilled cheese using GF bread and DF cheese

Turkey with homemade gravy from the bird thickened with corn starch, mashed potatoes, asparagus

Fajitas: grilled chicken or steak, bell peppers, onion served on corn tortilla

with shredded lettuce, tomato and DF sour cream

Grilled white fish with lemon, baked potato, sauteed zucchini and yellow squash

GF pizza crust with pizza sauce, DF cheese, black olives, sliced mushroom, green pepper

### Snacks

Popcorn

Corn tortilla chips and salsa or guacamole

Cut up vegetables with hummus

Rice cakes with peanut or almond butter

DF yogurt

DF ice cream

Frozen fruit bar

Homemade Trail mix: almonds, peanuts, cashews, dried fruit, DF chocolate chips

Mixed nuts with GF pretzels

Apple/banana/celery sticks with peanut or almond butter

Smoothie: almond milk, 1 cup fruit of choice, ½ cup spinach, 1 scoop of brown rice or hemp protein powder

GF, DF granola bar

Dried edamame

GF crackers with hummus

GF, DF muffin

## 1-Food Elimination Diet Foods to Avoid

The 1-Food Elimination Diet avoids the most common allergen, **animal milk**.

All FDA regulated pre-packaged food products that contain milk as an ingredient are required by U.S. law to list the word “milk” on the product label.

### Milk Elimination

It is important to always read all ingredients on a food label to identify foods containing milk. Avoid foods that contain milk or any of these ingredients:

|                                              |                                    |
|----------------------------------------------|------------------------------------|
| butter, butter fat, butter oil, butter acid, | lactalbumin, lactalbumin phosphate |
| butter ester(s)                              | lactoferrin                        |
| buttermilk                                   | lactose                            |
| casein                                       | lactulose                          |
| casein hydrolysate                           | milk (in all forms)                |
| caseinates (in all forms)                    | milk protein hydrolysate           |
| cheese                                       | pudding                            |
| cottage cheese                               | rennet casein                      |
| cream                                        | sour cream, sour cream solids      |
| curds                                        | sour milk solids                   |
| custard                                      | tagatose                           |
| diacetyl                                     | whey (in all forms)                |
| ghee                                         | whey protein hydrolysate           |
| half-and-half                                | yogurt                             |

### Foods that sometimes contain milk:

- Milk may be found in artificial butter flavor, baked goods, caramel candies, cereal, chocolate, cold cuts, crackers, lactic acid start culture and other bacterial cultures, margarines, non-dairy products, nisin, nougat, processed and canned meats and frozen and refrigerated soy products.
- Most mammalian milks such as sheep and goat’s milk should be eliminated

### Usually safe:

- Cocoa butter, coconut milk, calcium lactate, cream of tartar

**Resource: [foodallergy.org](http://foodallergy.org)**

## 1-Food Elimination Diet

### Allowed foods, alternatives, and substitutions

The 1-Food Elimination Diet avoids the most common allergen, **animal milk**, to identify the cause of your eosinophilic esophagitis (EoE).

Below is a list of **foods allowed** to be consumed during the elimination phase.

\*It's important to read all pre-packaged food labels for milk ingredients.

| Eliminated Food                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Use These Products Instead                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Milk and milk products</b></p> <ul style="list-style-type: none"> <li>Eliminate all milk and milk products made from cow's, goat's and any other animal's milk (evaporated milk, condensed milk, cheese, yogurt, cream, ice cream, butter, ghee, and sour cream)</li> </ul> <p><b><u>Milk may also be in these foods:</u></b></p> <ul style="list-style-type: none"> <li>Baked goods</li> <li>Cereals, crackers</li> <li>Artificial butter flavor</li> <li>Margarine</li> <li>Starter cultures</li> <li>Non-dairy creamer</li> <li>Luncheon meat, hotdogs, sausage</li> </ul> | <p><b>Milk Alternatives</b></p> <ul style="list-style-type: none"> <li>Coconut milk</li> <li>Flaxseed milk</li> <li>Hemp milk</li> <li>Nut milk (cashew, almond, macadamia)</li> <li>Oat milk (gluten-free)</li> <li>Pea protein milk</li> <li>Quinoa milk</li> <li>Rice milk</li> <li>Soy milk</li> </ul> <p><b>Cheese Alternatives</b></p> <ul style="list-style-type: none"> <li>Cashew cheese</li> <li>Coconut cheese</li> <li>Pea protein cheese</li> <li>Rice cheese</li> <li>Soy cheese</li> </ul> <p><b>Yogurt Alternatives</b></p> <ul style="list-style-type: none"> <li>Almond milk yogurt</li> <li>Coconut milk yogurt</li> <li>Hemp milk yogurt</li> <li>Oat milk yogurt (gluten-free)</li> <li>Soy milk yogurt</li> </ul> <p><b>Ice Cream Alternatives</b></p> <ul style="list-style-type: none"> <li>Almond milk ice cream</li> <li>Cashew milk ice cream</li> <li>Coconut milk ice cream</li> <li>Oat milk ice cream (gluten free)</li> <li>Soy milk ice cream</li> </ul> <p><b>Sour Cream Alternatives</b></p> <ul style="list-style-type: none"> <li>Butter beans/oat based sour cream</li> <li>Coconut oil based sour cream</li> <li>Soy based sour cream</li> </ul> |

|  |                                                                                                                                                                                                                                                              |
|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p><b>Butter/Margarine Alternatives</b></p> <ul style="list-style-type: none"> <li>• Coconut oil based spreads</li> <li>• Pea protein or soy based spreads</li> <li>• Plant-based oil spreads</li> </ul> <p><i>Substitutes must also be gluten-free.</i></p> |
|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Caution:** Manufacturers may change ingredients in foods, so it is best to check food label each time you purchase a food item. If you have questions regarding ingredients contained in a food product, contact the manufacturer.

**ALLOWED**  
**Fruits and vegetables**

All fresh fruits and vegetables  
Canned and frozen\*

**Proteins**

|                |                                             |
|----------------|---------------------------------------------|
| Beef           | Tofu/tempeh*                                |
| Chicken        | Turkey                                      |
| Eggs           | Venison                                     |
| Fish/shellfish | Processed meat*                             |
| Lamb           | Protein powder: rice, hemp, pea,<br>quinoa* |
| Legumes        |                                             |
| Pork           |                                             |

**Fats/oils**

|                           |                                                 |
|---------------------------|-------------------------------------------------|
| Nuts                      | Seeds (chai, flax, hemp, sunflower,<br>pumpkin) |
| Oils, any variety         | Dairy-free margarine                            |
| Peanut butter, nut butter |                                                 |

**Beverages**

|                                                              |                                                   |
|--------------------------------------------------------------|---------------------------------------------------|
| Coffee                                                       | Soft drinks                                       |
| Non-dairy creamer*                                           | Tea                                               |
| Fruit juice                                                  | Water                                             |
| Almond/rice/coconut/soy/pea<br>protein/flax/hemp/cashew milk | Alcohol: wine, GF beer, plain distilled<br>liquor |

## Recipe Substitutions

### Substitutions for milk

| If a recipe calls for: | Try:                                                                 |
|------------------------|----------------------------------------------------------------------|
| 1 cup whole milk       | ½ cup soy or rice milk and ½ cup water                               |
| 1 cup skim milk        | 1 cup milk alternative                                               |
| ½ cup cottage cheese   | ½ cup soft tofu                                                      |
| 1 ounce cheese         | 1 ounce soy cheese                                                   |
| 1 Tbsp cream cheese    | 1 Tbsp mayonnaise or 1 Tbsp non-dairy cream cheese                   |
| 1 cup sour cream       | 1 cup tofu (pureed in blender with 1-2 tsp lemon juice)              |
| 1 cup butter           | ¾ cup olive oil or 1 cup mashed banana or 1 cup dairy free margarine |
| 1 cup heavy cream      | 2/3 cup soy or rice milk and 1/3 cup canola or corn oil              |
| 1 cup light cream      | 3/4 cup soy or rice milk and 1/4 cup canola or corn oil              |
| 1 cup buttermilk       | 1 cup soy or rice milk and 1 Tbsp lemon juice                        |
| 1 cup yogurt           | 1 cup non-dairy yogurt or 1 cup applesauce                           |

## 1-Food Elimination Diet Sample Menus

The 1-Food Elimination Diet avoids the most common allergen – **milk**.

You can meet your nutrient needs by eating a variety of allowed foods each day. Make time during the day to nourish yourself with 3 meals + 1-2 snacks (as desired) daily. Use your body as a guide, if you are hungry, eat!

Build a balanced plate with this formula = a whole grain or starch + produce (fruits, vegetables) + protein + a little healthy fat. See examples of balanced meals below. When using milk alternatives, look for substitutes that are fortified with calcium and vitamin D.

\*Remember to read all food labels for dairy (milk) ingredients.

DF = dairy free

### Breakfast

Smoothie: ½ cup almond or soy yogurt,  
1 banana, 4 chopped strawberries, 2  
tbsp peanut butter, 10 ice cubes

Cereal with DF milk of choice and fresh  
blueberries, hardboiled egg

Oatmeal\* with fresh berries, topped with  
walnuts, cinnamon, and almond milk

English muffin with smashed avocado,  
scrambled egg, tomato slices

Breakfast sandwich: Bread\*, scrambled  
egg, slice of DF cheese

Cream of rice or wheat cereal with  
brown sugar and raspberries, hemp  
hearts

Coconut, almond, or soy yogurt w/ fruit  
of choice and granola\*

DF muffin with hard boiled or scrambled  
eggs and melon

Breakfast tacos: tortilla, scrambled egg,  
salsa, guacamole, DF shredded cheese

Omelet with veggies and DF cheese,  
side of cantaloupe

Bagel\* with peanut or almond butter,  
jam, or DF cream cheese

GF pancake\*/waffles\*/French toast\* with  
maple syrup, fruit of choice

### Lunch/Dinner

Build a sandwich on bread\* with side of 1 cup fruit or vegetable and baked potato chips:

- Lean turkey, lettuce, tomato, mustard
- Peanut butter and jelly
- Chicken salad with plain coconut yogurt, dried cranberries, celery
- Egg salad
- Tuna salad

Homemade chili with corn bread and shredded DF cheese

Shrimp sauteed with garlic, broccoli, olive oil lemon juice served over linguine noodles

Chicken and rice soup with rice crackers and side salad

Grilled salmon, shaved brussel sprouts and brown rice

Tossed salad with grilled chicken or scallops, cucumber, tomato, beets and balsamic vinegar dressing

Kabobs with chicken, shrimp, bell peppers, zucchini and onion served with corn on the cob

DF macaroni and cheese, grapes and side salad

Quinoa salad: sauteed celery, broccoli, carrots, mushroom, garlic, onion mixed with chickpeas, quinoa and olive oil/vinegar dressing

Corn tortilla tacos with chicken or black beans, salsa, avocado, shredded lettuce

Tofu or beef stir fry with bok choy, bell pepper, broccoli, onion served with soy sauce and white or brown rice

Hamburger or veggie burger on bun with ketchup, mustard, pickle spear and side of sweet potato fries and watermelon

Grilled lean protein (pork chop, chicken) with baked potato or sweet potato, steamed broccoli

Tomato soup with grilled cheese using DF cheese

Spaghetti squash with marinara sauce, ground turkey and shredded DF cheese

Fajitas: grilled chicken or steak, bell peppers, onion served on tortillas with shredded lettuce, tomato and DF sour cream

Pasta salad with black olives, cauliflower, carrots, cherry tomatoes, grilled chicken tossed in Italian dressing

Grilled white fish with lemon, baked potato, sauteed zucchini and yellow squash

Pizza with DF cheese, sauce, black olives, sliced mushroom, green pepper

### Snacks

Popcorn

Homemade Trail mix: almonds, peanuts, cashews, dried fruit, DF chocolate chips

Corn tortilla chips and salsa or guacamole

Mixed nuts with pretzels

Cut up vegetables/ pita/ crackers with hummus

Apple/banana/celery sticks with peanut or almond butter

Rice cakes with peanut or almond butter

Smoothie: almond milk, 1 cup fruit of choice, ½ cup spinach, 1 scoop of brown rice or hemp protein powder

DF yogurt

DF ice cream

DF granola bar

Frozen fruit bar

Dried edamame

DF muffin or other baked good

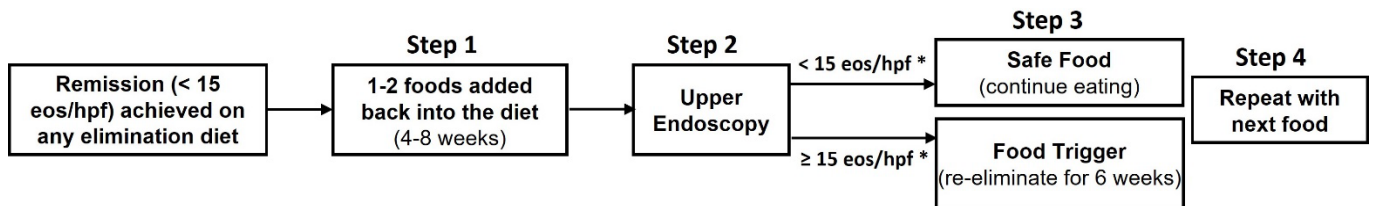


## EoE Elimination Diet - Food Reintroduction

After working with your doctor and/or Registered Dietitian to complete the elimination phase, you should undergo an endoscopy to confirm if you are in remission before beginning the reintroduction phase. Remission is achieved if you have  $< 15$  eos/hpf on biopsies, symptom improvement, and improved endoscopic findings.

From there, you and your dietitian/doctor will decide which food reintroduction to start with and how many to reintroduce at a time (usually 1-2 foods per endoscopy).

- **Step 1:** A single food group is added back into the diet for 4 – 8 weeks.
- **Step 2:** An upper endoscopy with biopsy is performed.
- **Step 3:** If still in remission ( $< 15$  eos/hpf), the food is considered a safe food and can continue to be consumed. If not in remission, the food group is considered an EoE trigger and should be re-eliminated from the diet for 6 weeks (“washout”) before reintroducing the next food.
- **Step 4:** Repeat with the next food until all eliminated foods have been trialed.



\*Response defined by reduced esophageal eosinophilia  $< 15$  eos/hpf, provided endoscopic and symptom improvement is also noted.

### Things to keep in mind during the reintroduction phase:

- Eat the challenge food daily, and in the order directed by your treating physician.
- You will require an endoscopy at the end of each reintroduction.
- Make sure you continue to read labels to avoid other allergens while going through the reintroductions (For example: Use Tamari rather than regular soy sauce which contains wheat)
- If symptoms occur, notify your doctor and dietitian immediately.

### Suggested Foods and Serving Sizes for each Reintroduction

- Less allergenic foods (fish, nuts, egg, soy) are re-introduced before more allergenic foods (milk, wheat).
- At least 1 serving of milk, egg, wheat, soy, fish, nuts should be consumed 5-7 days/week using serving sizes listed below.

#### Adolescent/adult serving sizes

|                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><u>Fish/shellfish</u></p> <ul style="list-style-type: none"> <li>• 2 ounces of any fish variety</li> </ul> <p>*Follow Dietary Guidelines regarding best choices of fish (and weekly serving limits) to limit mercury exposure.</p> | <p><u>Peanuts/Tree nuts</u></p> <ul style="list-style-type: none"> <li>• 1 ounce of any tree nut or peanut variety</li> <li>• 2 tablespoons of any nut butter (i.e. peanut butter, cashew butter)</li> <li>• 8 ounce of any nut milk (i.e. almond, cashew)</li> <li>• 6–8-ounce of nut-based yogurt</li> </ul> |
| <p><u>Soy</u></p> <ul style="list-style-type: none"> <li>• 8 ounces soymilk</li> <li>• 1 tbsp gluten free tamari</li> <li>• ½ cup edamame</li> <li>• 3 ounces tofu</li> <li>• 1 cup (8 ounce) soy yogurt</li> </ul>                   | <p><u>Egg</u></p> <ul style="list-style-type: none"> <li>• 2 eggs any style</li> <li>• 2 tablespoons of egg white protein powder</li> </ul>                                                                                                                                                                    |
| <p><u>Wheat</u></p> <ul style="list-style-type: none"> <li>• 2 slices bread</li> <li>• 1 cup pasta</li> <li>• 10 saltine crackers</li> <li>• 1 cup wheat cereal</li> </ul>                                                            | <p><u>Dairy</u></p> <ul style="list-style-type: none"> <li>• 8 ounces milk</li> <li>• 2 ounces cheese</li> <li>• 1 cup yogurt</li> </ul>                                                                                                                                                                       |

\*Children (under 12) serving sizes are approximately half of the above adolescent/adult serving sizes.

## Practical Tips for the EoE Elimination Diet

### General Guidance

- Focus on eating healthy foods that are also least likely to trigger EoE such as fruits, vegetables, meat, poultry, root vegetables, seeds and legumes
- Batch cook soups, chili, stews, grilled meats to have supplies for quick “go to” meals
- Pack snacks when going out for social events in case there are not safe options to eat
- Avoid hot bars and salad bars where cross contamination can happen easily from shared utensils
- Some kitchen equipment such as toasters and air fryers are difficult to completely clean. Best to purchase new when following elimination diet or utilize oven broiler for toasting temporarily
- Get guidance from medical team on easy to swallow multivitamin and vitamin D supplement to replace lost nutrients

### Navigating the Supermarket: How and where to shop

- Choose foods that are naturally low in common allergens, typically found on the perimeter of the store including fresh fruits and vegetables, plant based dairy alternatives, fresh meats and poultry.
- Read labels carefully to scan for unsafe ingredients
- Many stores offer gluten free and allergy free specialty sections. You can shop at any store; however, many people find the best variety at local, specialty stores (e.g. WholeFoods™, Trader Joe’s™, Fruitful Yield™, and Sunset Foods™).
- Many websites offer specialty allergy free products all in one place including safe gluten free whole grains, baking mixes, gluten free breadcrumbs and safe confection items.

[www.breadsfromanna.com](http://www.breadsfromanna.com)

[www.1-2-3glutenfree.com](http://www.1-2-3glutenfree.com)[www.glutenfreegrocery.com](http://www.glutenfreegrocery.com)

[www.glutino.com](http://www.glutino.com)

[www.glutenfreemall.com](http://www.glutenfreemall.com)

[www.thrivemarket.com](http://www.thrivemarket.com)

[www.mygerbs.com](http://www.mygerbs.com)

## Avoiding Cross Contact

Even if you take care to eliminate all your food groups and read food labels, it is still possible to accidentally consume traces of allergens if your food comes into contact with other foods containing allergens. This is called CROSS CONTACT or CONTAMINATION.

### Examples of Cross Contact:

- Deli meat that was sliced on the same equipment as deli cheese
- French fries that were fried in the same oil as breaded chicken or cheese sticks
- Peeling cheese off of pizza to eat just the crust and sauce
- Removing croutons from a salad
- Playing with Play Doh (contains wheat) and not washing hands before eating

| Preventing Cross Contact                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| At home                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | At the supermarket                                                                                                                                                                                                               | Dining out                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <ul style="list-style-type: none"> <li>• Wash cooking tools, plates, cups and utensils thoroughly</li> <li>• Consider using separate utensils for cooking allergen-free foods. Toasters, colanders, spatulas, wooden spoons, and cutting boards tend to trap food particles that are difficult to remove with washing.</li> <li>• Wash your hands with soap and water. Hand sanitizers do not remove allergens!</li> <li>• Cook allergen-free foods first and cover pots and pans to avoid splatter</li> <li>• Wrap allergen-free foods in foil when grilling or roasting in close proximity to allergen-containing foods</li> </ul> | <ul style="list-style-type: none"> <li>• Avoid salad bars, bulk bins, and shared condiment jars where cross contact is likely to occur</li> <li>• Choose pre-packaged deli meats or ask if dedicated slicers are used</li> </ul> | <ul style="list-style-type: none"> <li>• Communicate your diet restrictions with restaurant managers and chefs using ChefCards:<br/> <a href="http://www.allergyfreetable.com/chef-card.php">http://www.allergyfreetable.com/chef-card.php</a><br/><br/> <a href="https://www.foodallergy.org/resources/food-allergy-chef-cards">https://www.foodallergy.org/resources/food-allergy-chef-cards</a> </li> <li>• Ask if fried foods are cooked in a dedicated fryer</li> <li>• Avoid buffets and salad bars</li> </ul> |

## Planning Ahead for Social Eating on the EoE Elimination Diet

Practice avoiding food triggers outside of the home whether you are dining at friend's house, social event or restaurant by identifying where you may accidentally consume them either directly or through cross contamination.

### Restaurants

Be aware:

- Ingredient lists are not always available for restaurant foods and
- Risks of cross-contact with food allergens may be greater in a restaurant kitchen.

#### Selecting a Restaurant and Time

Find food-allergy aware restaurants online

- Safefare.org/find-a-restaurant
- Allergyeats.com

- Consider chain restaurants (a growing number are allergy-aware). Many fast food/casual chains post ingredients on-line but beware of cross-contact risks and changing menus.
- Look over the menu ahead of time.
- Avoid bakeries and buffets where risk of cross-contact is higher.
- Call ahead to inquire about ability to meet diet modifications
- Choose days/times when restaurants are not as busy so the staff is more attentive.

#### Selecting a Meal

- Choose simple meals like baked potato, baked or broiled meats, or steamed vegetables but always confirm added ingredients (e.g., marinades, broths, spice mixes). Ask for meats to be cooked on foil.
- Avoid fried foods where risk of cross-contact is higher.
- Inquire about ingredients in all sauces, marinades, salad dressings since these can contain soy sauce, flour and butter
- Avoid desserts since many are made outside of the restaurant when ingredients are unknown.
- Speak to the manager or chef and ask what is in the meal you order and how it is prepared. Ask to see ingredient lists.
- Tell restaurants what you need to avoid and explicitly how you want your food cooked (i.e., in a clean pan using fresh utensils)
- Ask whether the restaurant has dedicated cutting boards, pots, fryers, utensils, and prep areas.
- Do not assume because you had a meal once with no issues that the meal will be safe each visit.

#### Protecting yourself

- Send back food with allergen contamination (e.g., croutons on a salad)
- Bring a chef card to alert staff of dietary needs
- Be prepared with a plan B in case your needs are not met and the food is not safe

### Friends & Family Gatherings

- Reach out to your network before the social event and recruit their help in offering safe menu items.
- Remind friends and family of common allergen-containing foods (e.g., soup broths, flours, butter, ghee and baked goods)
- Ask that allergy-friendly foods to be cooked first before allergy containing dishes
- Bring allergy-friendly dish to pass and share
- Choose safe alcohol and avoid mixed drinks with egg foam or gluten containing beers
- Feel comfortable asking for requests, your friends and family want to be helpful
- Shift the focus away from food and toward an activity such as board game nights, movies, exercise, concerts.

### **Work Meals or Events**

- Call and ask to speak with restaurant or catering manager or event organizer to request for safe dining options
- Navigate safe menu items before the event
- Eat before the event and enjoy beverages with the group
- Suggest work or team building session over coffee or exercise to reduce focus on food
- Consider disclosing to work team that you will have to opt out of food events or request special accommodations



## EoE Elimination Diet Resources

### Information and Resource Websites

| Website                                                             | Features                                                                                                                                                                                                                                                                                                                                                     |
|---------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Foodallergy.org<br>Food Allergy Research & Education (FARE)         | <ul style="list-style-type: none"> <li>- Comprehensive resource center for information on food allergies, including downloadable resources, avoiding cross-contact, recipes</li> <li>- Lifestyle advice for children, teens, adults, newly diagnosed patients.</li> </ul>                                                                                    |
| Spokin.com                                                          | <ul style="list-style-type: none"> <li>- Website and app</li> <li>- Brand verification and resources</li> <li>- Comprehensive lifestyle advice for avoiding top 8 allergens in food brands and dining out</li> <li>- Information for domestic and international dining and travel</li> <li>- Lifestyle tips for new patients as well as for teens</li> </ul> |
| APFED.org<br>American Partnership of Eosinophilic Disorders (APFED) | <ul style="list-style-type: none"> <li>- Resource center for eosinophilic diseases including practical lifestyle tips on everyday living and recipes, travel and dining out for patients and caregivers.</li> <li>- Find additional patient support and advocacy through online community</li> </ul>                                                         |







### Recipe Websites

| Website                                                                                                                     | Features                                                                                                                                                                                                                                                                  |
|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Yummly.com                                                                                                                  | Allergen friendly recipes <ul style="list-style-type: none"> <li>- Customize recipe search by foods groups to avoid, dietary restrictions, cuisine, cooking skills</li> </ul>                                                                                             |
| <a href="http://Kidswithfoodallergies.org/recipes-diet.aspx">Kidswithfoodallergies.org/recipes-diet.aspx</a>                | Allergen friendly recipes                                                                                                                                                                                                                                                 |
| <a href="http://Eatingwithfoodallergies.com/allergyfreerecipes">Eatingwithfoodallergies.com/allergyfreerecipes</a>          | Allergen friendly recipes                                                                                                                                                                                                                                                 |
| <a href="https://recipes.doctoryum.org/en/tags/allergy-friendly">https://recipes.doctoryum.org/en/tags/allergy-friendly</a> | Allergen friendly recipes <ul style="list-style-type: none"> <li>- Choose “recipes” then “specialized diet” then “grain free” to get gluten free, dairy free recipes. Check ingredients for soy and egg – many recipes did not contain these allergens either.</li> </ul> |
| Forkandbeans.com                                                                                                            | Allergen friendly recipes                                                                                                                                                                                                                                                 |
| <a href="http://Glutenfreeonashoestring.com">Glutenfreeonashoestring.com</a>                                                | Gluten Free recipes                                                                                                                                                                                                                                                       |
| Godairyfree.org                                                                                                             | <ul style="list-style-type: none"> <li>- On-line magazine and resource center for dairy-free diet</li> <li>- Cookbooks, product guides, lifestyle tips available</li> </ul>                                                                                               |

**Allergy-friendly Dining out**

| Website                | Features                                                                                                                                                                                                                                                       |
|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| www.allergyeats.com    | <ul style="list-style-type: none"> <li>- Website and app</li> <li>- Allergy-friendly dining tips (for top 8 allergens) across the USA</li> <li>- Tips for successful dining out</li> <li>- Destination travel guides for Disney World, NYC, DC</li> </ul>      |
| Glutenfreepassport.com | <ul style="list-style-type: none"> <li>- Gluten free and allergy free travel guide bundles including restaurant cards and language phrase guides for international travel</li> <li>- Domestic guides for allergy free snacks, dining out and travel</li> </ul> |
| Foodallergiestogo.com  | <ul style="list-style-type: none"> <li>- Lifestyle tips for travel and food allergies</li> <li>- Guidance for parents of college-aged kids navigating food avoidance</li> </ul>                                                                                |

**Mobile Apps**

|                                                                                                    |                                                                                                                     |
|----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| Yummly<br>        | Cooking app with customizable meal plans, recipes, shopping lists                                                   |
| Spokin<br>        | Everyday resources for dining out, recipes, lifestyle, and connecting with others with similar dietary restrictions |
| AllergyEats<br> | Allergy-friendly restaurant finder                                                                                  |
| Biteappy<br>    | Food allergy restaurant finder                                                                                      |
| FIG<br>         | Food scanner and discovery tool<br>Search grocery stores and restaurants                                            |
| Ipiitt<br>      | Scanner app to identify packaged foods to meet ingredient preferences                                               |
| Allergy Food Translator                                                                            | Translate food allergies into Spanish, French, and German                                                           |

**Books**

Pascal, Cybele. *Allergy-Free and Easy Cooking: 30-Minute Meals without Gluten, Wheat, Dairy, Egg, Soy, Peanuts, Tree Nuts, Fish, Shellfish, and Sesame*, Ten Speed Press, 2012.

Martin, Colette. *The Allergy-Free Pantry: Make your Own Staples, Snacks and More Without Wheat, Gluten, Dairy, Eggs, Soy or Nuts*, The Experiment, 2014.



## Find a Dietitian

|                                                                        |                                                                                                                         |
|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| <b>Academy of Nutrition and Dietetics</b>                              | Eatright.org                                                                                                            |
| <b>International Foundation for Gastrointestinal Disorders (IFFGD)</b> | <a href="https://iffgd.org/resources/dietitian-listing/">https://iffgd.org/resources/dietitian-listing/</a>             |
| <b>Dietitians on Demand</b>                                            | <a href="https://dietitiansondemand.com/nutrition-counseling/">https://dietitiansondemand.com/nutrition-counseling/</a> |

## Patient Advocacy Groups for EoE

| U.S.-based                                                                 |                                                                                         |                                                                |
|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|----------------------------------------------------------------|
| American Partnership of Eosinophilic Disorders (APFED)<br><i>APFED.org</i> | Campaign Urging Research for Eosinophilic Disease (CURED)<br><i>CUREDFoundation.org</i> | Eosinophilic Family Coalition (EFC)<br><i>EosCoalition.org</i> |
| Global                                                                     |                                                                                         |                                                                |
| EOS Network (UK)<br><i>EOSNetwork.org</i>                                  | ausEE Inc. (Australia)<br><i>Ausee.org</i>                                              |                                                                |

