

Eosinophilic Esophagitis Nutrition Guidelines

What is eosinophilic esophagitis (EoE)?

Eosinophilic esophagitis is a chronic inflammatory disorder of the esophagus. Along with inflammation in the esophagus, there is the presence of special white blood cells, called eosinophils. Certain foods and environmental allergens are known to trigger this disorder. Long term treatment includes topical swallowed steroids or dietary management.

Symptoms of EoE:

Difficulty swallowing
Food impaction
Reflux

Why are the foods I eat important with EoE?

Food and environmental allergies are common in people with EoE. Food allergies may actually be the trigger of the disorder. Those who complete elimination diets (take out common food allergens) may have relief of their symptoms. It is helpful to find any likely food triggers.

How to complete a food Elimination Diet:

This diet is used to see if one or more of the most common food allergens is a trigger for your EoE. It is very effective. It also may be cheaper and easier than other options. Below are the steps to complete the diet:

1. Eliminate the top 6 most common food allergens for 6 weeks (milk products, eggs, wheat, soy, peanut/tree nuts, and fish/shellfish).
2. Review symptoms again. An EGD (esophagogastroduodenoscopy) is performed to assess your response to the elimination. An EGD allows us to look closely at the esophagus, stomach and upper part of the intestine for inflammatory changes.
3. The eliminated foods are then brought back into the diet. This done one by one for a 6 week trial each. A re-evaluation is done after each food is introduced.

Common Foods and Ingredients of Food Allergens:

These are the most common allergens and should be clearly labeled.

| Milk | |
|---------------|---------------|
| Foods | Ingredients |
| Butter | Casein |
| Cheese | Diacetyl |
| Cream | Lactalbumin |
| Custard | Lactoferrin |
| Half and half | Lactulose |
| Cow's milk | Lactose |
| Pudding | Recaldent |
| Sour cream | Rennet Casein |
| Yogurt | Tagatose |
| Goat's milk | Whey |

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| Eggs | |
|------------------------------------|-------------|
| Foods | Ingredients |
| Eggs | Albumin |
| Eggnog | Lysozyme |
| Mayonnaise | Ovalbumin |
| Meringue | Lecithin |
| Egg Substitutes | Globulin |
| Beware of baked goods and puddings | Ovovitellin |

| Wheat | |
|--|-------------|
| Foods | Ingredients |
| Bread | Bulgar |
| Couscous | Durum |
| Crackers | Einkorn |
| Most Flours | Emmer |
| Pasta | Farina |
| Pizza Crusts | Kamut |
| Purchase gluten/wheat free items made from potato, rice or tapioca | Matzoh |
| | Semolina |
| | Spelt |
| | Triticale |

| Soy | |
|------------|---|
| Foods | Ingredients |
| Edamame | Soy |
| Miso | Soy flour |
| Natto | Soy fiber |
| Shoyu | Soy protein |
| Soybean | Textured vegetable protein |
| Soy sauce | May be in vegetable gums, starches, and broth |
| Tamari | |
| Tempeh | |
| Tofu | |
| Quorn | |

| Nuts and Tree Nuts | |
|---------------------------|--------------|
| Foods | Ingredients |
| Avoid all nuts | Nut meal |
| Lychee | Nut meat |
| Coconut | Nut milk |
| Seeds ok | Nut extracts |
| | Nut paste |
| | Peanut oil |

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| Seafood and Shellfish | |
|-----------------------|----------------------|
| Food | Ingredients |
| Avoid all fish | Check imitation fish |
| Crab, crayfish | Fish stock/sauce |
| Lobster | Seafood flavoring |
| Shrimp, prawns | Bouillabaisse |

What can I eat?

- | | | |
|-------------|------------------------------|----------------------------------|
| -Chicken | -Rice (Brown, white, wild) | -Fruits and vegetables |
| -Beef | -Potato (Russet, Red, Sweet) | -Gluten-Free Oats |
| -Game meats | -Quinoa | -Seeds |
| -Turkey | -Millet | -Oils (olive, sunflower, canola) |
| -Lamb | -Amaranth | -Most coffee and tea |
| -Pork | -Buckwheat | -Rice Milk |
| -Beans | -Most Gluten-Free foods | -Vinegar |

Least Allergenic Foods to the Most Allergenic Foods:

Least Allergenic

Veggies: Tomatoes, celery, cucumber, onion, garlic, carrots, squash, sweet potato, white potato, string beans, broccoli, lettuce, beets, asparagus, cauliflower, Brussel sprouts.

Fruits: Apple, pear, peaches, plums, apricot, nectarine, grape, raisins.

More Likely Allergenic

Fruits: Orange, grapefruit, lemon, lime, banana, kiwi, pineapple, mango, papaya, guava, avocado, honey dew, cantaloupe, watermelon, berries.

Grains: Millet, Rice, Quinoa.

Even More Likely Allergenic

Legumes: Lima beans, chick peas, white/black/red beans.

Grains: Oats, barley, rye, other grains.

Meat: Lamb, chicken, turkey, pork.

Most Allergenic

Fish/shellfish, corn, peas, peanut, wheat, beef, soy, egg, milk.