

H. TERRY LEVINE, M.D., FACP, FAAAAI, FAAAAI  
CERTIFIED-AMERICAN BOARD OF ALLERGY  
AND IMMUNOLOGY  
CERTIFIED-AMERICAN BOARD OF INTERNAL MEDICINE (89)

CELINA C. BERNABE, D.O., FAAAAI  
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# DIETARY GUIDELINES FOR SIX FOOD ELIMINATION DIET FREE FROM MILK, EGG, WHEAT, SOY, PEANUT/TREE NUT, FISH/SHELL FISH

**This handout is provided as a general guide. It is your responsibility to read product labels each and every time you purchase an item. Avoid any product containing an eliminated ingredient.**

## SAFE FOODS TO EAT

Proteins:	Meats (beef, lamb, pork), poultry (chicken, turkey), seeds, beans, peas, lentils
Vegetables:	All vegetables
Fruits:	All fruits
Grains:	Gluten-free oat*, rice, corn, amaranth, millet, quinoa, buckwheat, teff, sorghum, Montina
Milk Substitutes:	<i>Fortified</i> beverage made from rice, hemp, quinoa, gluten-free oat, coconut** or amino acid-based formula

\*Oats may contain significant wheat due to cross-contact, therefore gluten-free oats are recommended. If your doctor has asked you to avoid all gluten-containing grains (and not just wheat) then rye and barley grains should also be avoided.

\*\* Although the FDA considers coconut a tree nut, it is generally not avoided on a tree nut elimination diet for eosinophilic esophagitis. Ask your doctor if you need to avoid coconut.

## Healthy Meal and Snack Options- choose six food-free (SF-free) options

Caloric need will dictate serving size - ask your doctor or dietitian about portions or visit [www.choosemyplate.gov](http://www.choosemyplate.gov) to determine individual needs.

### Breakfast- choose from each category below

- Grain-choose more whole grains (SF-free cereal, bread, pancake, etc.)
- Milk substitute or amino acid-based formula
- Fruit
- Meat or substitute (Some patients may need additional meat or substitutes in the diet to meet protein, iron and zinc needs)

### Lunch and Dinner- choose from each category below

- Meat or substitute
- Vegetable/fruit
- Whole grain
- Milk substitute

### Snacks (aim for balance between food groups even at snack time)

- Grain
- Milk substitute or amino acid-based formula
- Meat or substitute
- Fruit or vegetable

Adapted from ©Consortium of Food Allergy Research Food Allergy Education Program  
Groetch M, *JACI In Practice* 5:312-324, 2017

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### MILK ELIMINATION for Eosinophilic Esophagitis

**It is important to read all ingredient labels to identify foods that contain milk.** All manufactured food products that contain milk as an ingredient are required by US law to **list the word "Milk" on the product label.**

**AVOID** foods that contain any of these ingredients:

Artificial butter flavor, butter fat, butter oil

Butter

Casein and caseinates (in all forms)

Cheese (all types)

Cheese flavor

Cream

Curds

Custard

Ghee

Hydrolysates (casein, milk protein, protein, whey, whey protein)

Ice cream

Lactalbumin, lactalbumin phosphate,

lactoglobulin, lactoferrin, lactulose

Milk

Nougat

Pudding

Rennet, rennet casein

Recaldent™ (used in teeth-whitening chewing gums)

Simpless®

Whey (in all forms)

Yogurt

**Foods that often contain milk:**

- Milk may be found in many products such as many margarines, breads, cookies, cakes, chewing gum, chocolates, caramels, cold cuts, crackers, cereals, non-dairy products, processed and canned meats and frozen and refrigerated soy products.
- Most mammalian milks such as sheep and goat's milk are generally NOT safe for those with cow's milk allergy.

**Look out for:**

- Cross contact- Cross contact occurs when safe foods come in contact with milk. This happens through shared cooking utensils, frying oils, cooking surfaces or not keeping safe foods separate from those made with milk. Avoid cross-contact by washing everything well with soap and water.
- Deli meats may present a risk of cross contact from cheese or meats containing milk sliced on the same slicer.
- Kosher Dairy - A "D" on a product label next to the circled K or U indicates the potential presence of milk protein. You may need to avoid these products, even if there is no apparent milk ingredient.
- Kosher - Parve or pareve are words that indicate that a product is not supposed to contain milk. However, a food product may be considered pareve even if it contains a very small amount of milk protein – potentially enough to cause an allergic reaction in some people. Do not assume pareve products are always safe.
- Milk may be found in cosmetics, nutrition supplements, medicines, and pet foods.

**Usually safe:**

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

Milk is an important dietary source of protein, calcium, vitamin D and vitamin B12. Please discuss a safe dietary alternative to cow's milk with your doctor or dietitian.

**Read all product labels carefully before buying and eating any item.**

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### EGG ELIMINATION for Eosinophilic Esophagitis

**It is important to read all ingredient labels to identify foods that contain egg. All manufactured food products that contain egg as an ingredient are required by US law to list the word "Egg" on the product label.**

**AVOID** foods that contain any of these ingredients:

Albumin	Lysozyme (used in Europe)
Egg (white, yolk, dried, lecithin, powdered, solids)	Mayonnaise
Egg substitutes	Meringue
Eggnog	Ovalbumin
Egg noodles	Ovovitellin
Globulin	

**Foods that often contain egg:**

- Egg may be found in many products such as baked goods, breaded foods, cream fillings, custards, candies, canned soups, casseroles, eggnog, frostings, ice creams, lollipops, marshmallows, marzipan, nougat, pastas, salad dressings, and meat-based dishes such as meatballs or meatloaf.
- Egg whites and shells may be used as clarifying agents in soup stocks, consommés, bouillon's, wine, and coffees.

**Look out for:**

- Cross contact – Cross contact occurs when safe foods come in contact with egg. This can happen through shared cooking utensils, surfaces, frying oils or not keeping safe foods separate from those made with egg. Avoid cross contact by washing everything well with soap and water.
- A shiny glaze on baked goods may be an "egg wash"
- Most "egg substitutes" contain egg
- Egg may be found in cosmetics, nutrition supplements, medicines, and pet foods.

**Usually safe:**

- Lecithin from soy does not contain egg.

**Read product labels carefully before buying or eating any item**

For safe egg replacers, see handout: *Cooking without Common Allergens*.

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### WHEAT ELIMINATION for Eosinophilic Esophagitis

**It is important to read all ingredient labels to identify foods that contain wheat. All manufactured food products that contain wheat as an ingredient are required by US law to list the word "Wheat" on the product label.**

**AVOID** foods that contain any of these ingredients:

- bread crumbs
- bulgur
- cereal extract
- couscous
- durum (durum flour or wheat)
- emmer
- einkorn
- farina
- flour (all-purpose, cake, enriched, graham, high gluten, high protein, pastry, wheat)
- kamut
- semolina
- spelt
- sprouted wheat
- triticale
- vital gluten
- wheat (bran, germ, gluten, malt, starch)
- whole wheat berries

**Foods that often contain wheat:**

- Wheat may be found in ale, baking mixes, baked products, batter-fried foods, beer, breaded foods, breakfast cereals, candy, crackers, frankfurters and processed meats, ice cream products, salad dressings, sauces, soups, soy sauce and surimi.

**Look out for:**

- Cross contact- Cross contact occurs when safe foods come in contact with wheat. This can happen through shared cooking utensils, surfaces, frying oils or not keeping safe foods separated from those made with wheat. Avoid cross contact by washing everything well with soap and water.

**Usually safe:**

- The following flour substitutes are available and may be used **if tolerated**: amaranth, arrowroot, buckwheat, corn, millet, teff, gluten-free oat (regular oats may contain significant wheat contamination but gluten-free oats do not), potato, rice, tapioca, and quinoa flour.
- Barley and rye are two wheat-free grains that contain gluten. If eliminating gluten, barley and rye should also be eliminated. Barley may be present in malt flavorings or malt extract. Ask your doctor if you should eliminate all gluten-containing grains or just wheat.

**Read product labels carefully before buying or eating any item.**

For more information on wheat substitutes, see handout: *Cooking without Common Allergens*.

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### SOY / SOYBEAN ELIMINATION for Eosinophilic Esophagitis

**It is important to read all ingredient labels to identify foods that contain soy. All manufactured food products that contain soy as an ingredient are required by US law to list the word "Soy" or "Soybean" on the product label.**

**Avoid foods that contain any of these ingredients:**

Edamame  
Miso  
Natto  
Shoyo sauce  
Soy (fiber, flour, grits, nuts, sprouts)  
Soy (milk, yogurt, ice cream, cheese)  
Soy protein (concentrate, hydrolyzed, isolate)  
Soy sauce  
Tamari  
Tempeh  
Textured vegetable protein (TVP)  
Tofu (soybean curd)

#### **Foods that often contain soy:**

- Soy may be found in numerous products such as baking mixes, breads, cookies, crackers, canned broth and soups, canned tuna and meat, breakfast cereals, high protein energy bars and snacks, low fat peanut butters and processed meat and frankfurters.

#### **Look out for:**

- Cross contact- Cross contact occurs when safe foods come in contact with soy. This can happen through shared cooking utensils, cooking oil, cooking surfaces or not keeping safe foods separate from those made with soy. Avoid cross contact by washing everything well with soap and water.
- Asian restaurants are considered high risk for individuals with soy allergy due to the common use of soy as an ingredient and the risk of cross contact even if a soy free item is ordered.
- Soy may be found in cosmetics, nutritional supplements, medications and pet foods.

#### **Usually safe:**

- Soybean oil and soy lecithin do not need to be avoided on a soy elimination diet.

**Read all product labels carefully before buying and eating any item.**

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### PEANUT ELIMINATION for Eosinophilic Esophagitis

**It is important to read all ingredient labels to identify foods that contain peanut. All manufactured food products that contain peanut protein as an ingredient are required by US law to list the word "Peanut" on the product label.**

**AVOID** foods that contain any of these ingredients:

Beer nuts  
Ground nuts  
Mixed nuts  
Peanut (including peanut flour and peanut butter)  
NuNuts® (and other artificially flavored nuts)

**Foods that often contain peanut:**

- Peanut may be found in many manufactured products such as candy, chocolate, baked goods and ice creams.
- Peanut protein is found in Arachis oil, cold pressed, expressed, expelled, and extruded peanut oils. Highly refined peanut oils may be safe, but it may be difficult to identify the type of oil used in a product. Avoidance of peanut oil is often recommended.

**Look out for:**

- Cross contact- Cross contact occurs when safe foods come in contact with peanut. This may happen through shared cooking utensils, cooking surfaces, frying oils or not keeping safe foods separate from those made with peanut. Avoid cross contact by washing everything well with soap and water.
- Ethnic restaurants (such as Chinese, African, Indonesian, Thai and Vietnamese), bakeries and ice cream parlors are considered high risk due to the common use of peanut and the risk of cross contact even if a peanut free item is ordered.
- Peanut butter and/or peanut flour have been used in homemade chili and spaghetti sauce as thickeners.
- Peanut may be found in cosmetics, nutrition supplements, medicines, and pet foods.

**Usually safe:**

- Nutmeg, water chestnut and butternut squash are not nuts and are safe if eliminating peanut and tree nuts.

**Read all product labels carefully before buying and eating any item.**

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### TREE NUT ELIMINATION for Eosinophilic Esophagitis

**It is important to read all ingredient labels to identify foods that contain any tree nuts. All manufactured food products that contain tree nut as an ingredient are required by US law to list the specific tree nut on the product label.**

**Avoid foods that contain any of these ingredients:**

Almond	Macadamia nut	Brazil nut
Pecan	Cashew	Pine nut (Pignolia nut)
Chestnut	Pistachio	Filbert/hazelnut
Walnut		

The following are uncommon, additional tree nuts which require disclosure by US law

Beech nut	Butter nut	Chinquapin	Coconut*
Ginkgo	Hickory	Lychee nut	Pili nut
Shea nut			

#### **Foods that often contain tree nuts:**

- Tree nuts may be found in cereals, crackers, cookies, candy, chocolates, energy bars, flavored coffee, frozen desserts, marinades, barbeque sauces and some cold cuts such as Mortadella.
- Tree nut protein will be found in foods such as Gianduja (a creamy mixture of chocolate and chopped almonds and hazelnuts although other nuts may be used), Marzipan (almond paste), Nougat, Nu-Nuts® artificial nuts, Nutella®, pesto, and nut meal.
- Some alcoholic beverages may contain nut flavorings. These beverages are not currently regulated by the labeling laws therefore it may be necessary to call the manufacturer to determine the safety of ingredients such as natural flavoring.
- Avoid natural extracts such as pure almond extract and natural wintergreen extract (for the filbert/hazelnut allergy). Imitation or artificially flavored extracts are generally safe.
- Nut oils contain tree nut proteins
- \*Coconut is generally allowed on a tree nut elimination diet for eosinophilic esophagitis. Ask your doctor if you should avoid coconut.

#### **Look out for:**

- Ethnic restaurants (such as Chinese, African, Indian, Thai and Vietnamese), ice cream parlors and bakeries are considered high risk for individuals with tree nut allergy due to the common use of nuts and the risk of cross contact even if a tree nut free item is ordered.
- Tree nut oils may be found in cosmetics, lotions and soaps, nutritional supplements, medications and pet foods.
- Cross contact- Cross contact occurs when safe foods come in contact with tree nuts. This may happen through shared cooking utensils, surfaces, frying oils, deli meat slicers or not keeping safe foods separate from those made with tree nuts. Avoid cross contact by washing everything well with soap and water.

#### **Usually safe:**

- The following are not tree nuts: nutmeg, water chestnuts, and butternut squash.

**Read product labels carefully before buying or eating any item.**

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### FISH ELIMINATION for Eosinophilic Esophagitis

**It is important to read all ingredient labels to identify foods that contain fish.** All manufactured food products that contain fish as an ingredient are required by US law to **list the specific fish on the product label.**

**Avoid foods that contain any of these ingredients:**

#### FISH

Anchovies	Pike
Bass	Pollock
Catfish	Salmon
Cod	Scrod
Flounder	Swordfish
Grouper	Sole
Haddock	Snapper
Hake	Tilapia
Herring	Trout
Mahi Mahi	Tuna
Perch	

#### Foods that often contain fish:

- Worcestershire sauce, Caesar salad and Caesar salad dressing usually contain fish (anchovies) ingredients. Caponata, a Sicilian eggplant relish, may contain anchovies.
- Surimi, an artificial crabmeat (also known as "Sea legs" or "Sea sticks"), is made from fish.

#### Look out for:

- Cross contact- Cross contact occurs when safe foods come in contact with fish. This can happen through shared cooking utensils, surfaces, frying oils or not keeping safe foods separate from those made with fish. Avoid cross contact by washing everything well with soap and water.
- Seafood restaurants are considered high risk due to the risk of cross contact even if a non-fish item is ordered.
- Ethnic restaurants (such as Chinese, Indonesian, Thai and Vietnamese) are considered high risk for people with fish allergy due to the common use of fish and fish ingredients and the risk of cross contact, even if a non-fish item is ordered.
- Fish oils are sometimes added to products to increase Omega 3 fatty acid or DHA content. Please read labels carefully, especially on products (such as yogurt or juice) "with DHA" or "with Omega 3 fatty acids."
- Fish may be found in cosmetics, medicines, nutrition supplements (for example omega 3 fatty acids supplements) and pet foods.

#### Usually safe:

- Carrageen is not a fish. Marine algae-based omega 3 fatty acid supplements are considered safe on a fish elimination diet.

**Read all product labels carefully before buying and consuming any item.**



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### SHELLFISH ELIMINATION for Eosinophilic Esophagitis

**It is important to read all ingredient labels to identify foods that contain shellfish.** All manufactured food products that contain crustacean shellfish as an ingredient are required by US law to **list the specific crustacean shellfish on the product label.**

**Avoid** foods that contain any of these ingredients:

#### **Crustacean**

Shrimp (prawns, crevette)  
Lobster (langouste, langoustine, scampo, coral, tomalley)  
Crab  
Crawfish (crayfish, ecrevisse)

#### **Mollusks**

Abalone	Octopus
Clam	Scallop
Cockle	Snail (escargot)
Mussel	Squid (calamari)
Oyster	

Mollusks are not considered major allergens under food labeling laws. They may not be fully disclosed on a product label.

#### **Foods that often contain shellfish:**

- Shellfish protein may be present in bouillabaisse, fish stock, surimi, and seafood flavoring (such as crab or clam extract.)

#### **Look out for:**

- Cross contact- Cross contact occurs when safe foods come in contact with shell fish. This can happen through shared cooking utensils, surfaces, frying oils or not keeping safe foods separated from those made with shell fish. Avoid cross contact by washing everything well with soap and water.
- Fish and seafood restaurants are considered high risk due to the risk of cross contact even if a non-shellfish item is ordered

#### **Usually Safe:**

- Carrageen is not a fish and considered safe for those avoiding fish and shellfish.

**Read all product labels carefully before buying and eating any item.**

H. TERRY LEVINE, M.D., FACP, FAAAAI, FAAAAI  
CERTIFIED-AMERICAN BOARD OF ALLERGY  
AND IMMUNOLOGY  
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## CORN ELIMINATION for Eosinophilic Esophagitis

### Avoid foods that contain any these ingredients:

Corn  
Corn bran  
Corn flour  
Cornmeal  
Grits  
Hominy  
Maize  
Masa  
Popcorn  
Polenta

### The following foods contain corn protein ingredients and should be avoided:

- Powdered sugar
- Cornstarch
- Baking powder  
(Corn-free baking powder is available; Baking soda is safe)

### Foods that often contain corn protein:

- Bakery products such as breads, rolls and bagels
- Bread crumbs, breading and prepared breaded products
- Breakfast cereals often contain corn flour
- Snacks such as tortillas chips, Japanese snack mixes
- Ethnic Latino foods commonly have corn-based ingredients

### Look out for:

- Cross Contamination with corn may occur in bakeries, bagel shops, Mexican and Latin restaurants.

### Generally safe:

- Highly refined corn oil, corn syrup, high fructose corn syrup, corn syrup solids and maltodextrin do not contain corn protein and are considered safe for those with corn allergy.