

Elimination diet for eosinophilic oesophagitis in adults

This resource will help you understand what eosinophilic oesophagitis is, and how you can manage it with an elimination diet.

Eosinophilic Oesophagitis

Eosinophilic (ee-uh-sin-uh-fil-ik) Oesophagitis (EoE) is a disease where eosinophils (a type of white blood cell) are found in your oesophagus (food pipe) when they are not normally there. The eosinophils cause inflammation (damage) to the oesophagus.

People with EoE may experience the following symptoms:

- Difficulty swallowing
- Food getting stuck in the throat
- Chest pain unrelated to swallowing

If left untreated, EoE may lead to long term symptoms that can be difficult to treat with medication.

How do I know if I have EoE?

EoE is diagnosed through an endoscopy, where a camera enters the mouth to look at your oesophagus. Biopsies (samples) of your cells are taken to check for eosinophils. If high numbers of eosinophils are found, a diagnosis of EoE may be made when your symptoms and medical history are taken into account.

How can I be treated for EoE?

Your doctor will discuss treatment options with you. These can include:

- Protein Pump Inhibitor (medication)
- Elimination Diet, as EoE is thought to be caused by a special form of food allergy
- Swallowed steroids (medication)

What is an elimination diet?

An elimination diet is when you exclude certain foods for a period of time. The goal of an elimination diet for EoE is to see if the number of eosinophils in your oesophagus decreases and your symptoms improve. Your doctor or dietitian will determine the number of eosinophils you are aiming for to achieve remission.

Your doctor or dietitian might prescribe:

- Two food elimination diet (2FED)
- Four food elimination diet (4FED)
- Six food elimination diet (6FED)

There are two phases to an elimination diet:

1. Elimination phase

This is where you avoid certain foods for a set amount of time and then see whether the inflammation in your throat and your symptoms have improved.

2. Challenge phase

This is where you introduce foods back into the diet in a certain order and then see if the inflammation in your throat and your symptoms get worse.

The process of eliminating and challenging foods can vary between hospitals. Your doctor and dietitian will work with you to decide which approach is best. The dietitian will then provide you with information and support to help you complete the elimination diet.

Step 1: Elimination phase

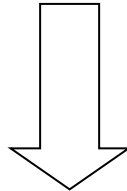
The elimination phase involves avoiding the following food groups for between six-eight weeks:

2FED: Animal milk (cow, goat, sheep's milk etc.), wheat.

4FED: Animal milk (cow, goat, sheep's milk etc.), wheat, egg, soy.

6FED: Animal milk (cow, goat, sheep's milk etc.), wheat, egg, soy, nuts, fish/shellfish.

Your dietitian will work with you to come up with nutritious meal and snack ideas that are suitable for the elimination phase. As the elimination phase can be restrictive, you may need to take a multivitamin during this time.

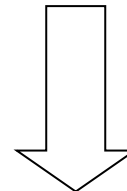
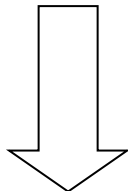


Step 2: Endoscopy

You will need another endoscopy* to check if the number of eosinophils in your oesophagus has changed. It is important to continue the elimination diet after the endoscopy until your doctor or dietitian tells you the biopsy (sample) results.

Your goal for remission: Less than _____ eosinophils per sample.

* The timing of your endoscopy may vary between hospitals.



No Remission

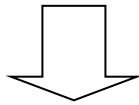
If your eosinophil numbers are still above the goal set by your doctor, you have not achieved remission. Discuss the next step with your doctor or dietitian.

Remission

If your eosinophil numbers are below the goal set by your doctor, you have achieved remission. You will then continue to the challenge phase of the elimination diet.

Step 3: Challenge Phase

- You need to eat the challenge food for between two-six weeks – the timeframe will be guided by your doctor/dietitian.
- Have at least 2 serves of the challenge food each day, for example:
 - If challenging wheat, aim for 2 slices of bread daily
 - If challenging milk, aim for 1 cup of milk and 200g yoghurt daily
 - Your dietitian can tell you how much a food serve is
- You may experience an increase in symptoms whilst introducing a certain food group; contact your doctor/dietitian if this occurs.

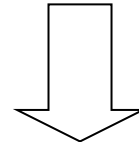
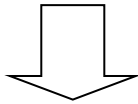


Step 4: Endoscopy

You will then need another endoscopy* to check if your eosinophil numbers have changed.

Your goal: Maintain less than ____ eosinophils per sample.

* The timing of your endoscopy may vary between hospitals.

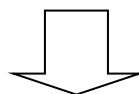


No Remission

If your results show that your eosinophil numbers have increased, this means you have had a reaction to the challenge food. This means the food should be removed from the diet, similar to a food allergy. Your dietitian can help you with this. Some people with EoE will react to more than one food group. Your doctor and dietitian will then guide you to start the next challenge.

Remission

If your results show that your eosinophil numbers have not increased, you have not had a reaction to the challenge food and it can be re-introduced into your diet. Your doctor/dietitian will then guide you to start the next food challenge.



The challenge phase and endoscopy are repeated until you've challenged all the foods you removed from your diet at the start.

Ingredients list

- Once you start on an elimination diet, you will need to read food labels carefully to check ingredient lists and 'may contain' statements.
- Food Standards Australia and New Zealand (FSANZ) have a Food Standards Code – this means that common food allergens must be declared on food labels if they have been added. These include milk, eggs, peanuts & tree nuts, fish, shellfish, soy and wheat.
- Depending on which elimination diet (2FED, 4FED or 6FED) you are following, you may also need to avoid foods that "May contain" certain allergens. Your dietitian can give you advice around this.

Nutrition Information		
Servings per package: 1		
Serving size: 35g		
	Per Serve	Per 100g
Energy	501kJ	1430kJ
Protein	3.5g	10g
Fat	0.4g	1
Saturated	0.2g	0.5g
Carbohydrates		
Total	25.3g	72.2g
Sugar	7.5g	21.5g
Fibre	3.4g	9.7g
Sodium	185mg	535mg

Ingredients: Cereals (44%) (wheat flour, oatmeal, maize flour), sugar, wheat gluten, molasses, salt, barley malt extract, minerals (calcium carbonate, iron), mineral salt (sodium bicarbonate), natural colour (paprika, turmeric), vitamins (vitamin C, niacin, thiamin, riboflavin, vitamin B6, folate).
Contains gluten containing cereals.
May contain traces of peanuts and/or tree nuts.

Practical tips

Your dietitian will provide you with more information to help you understand what foods you can eat and foods you need to avoid during the elimination diet, including meal and snack ideas.

- Your dietitian can provide you with guidance on meeting your nutrition needs during the elimination phase.
- Be aware of cross-contamination risks such as shared utensils, cooking equipment and appliances. This applies both at home and when eating out.

Summary

- EoE is a type of allergy where you might have difficulty swallowing, food stuck in your oesophagus or chest pain.
- Your doctor and dietitian will work with you to determine whether an elimination diet is the right treatment for you.
- You may complete a two food, four food or six food elimination diet.
- Your dietitian will provide information and support around what you can eat while following the elimination diet.

For further information contact your dietitian or nutritionist: _____