

Six food elimination diet for eosinophilic oesophagitis in adults

This information is for people completing the six food elimination diet (6FED). It should be used with the resource *Elimination diet for eosinophilic oesophagitis in adults* which describes the disease process, diagnosis, elimination diet options and other treatments.

The Six Food Elimination Diet (6FED) involves strict removal of the following for 6-8 weeks:

- Animal milk
- Wheat
- Egg
- Soy
- Nuts
- Fish and shellfish

How do I remove milk from my diet?

- Avoid all animal milks (cow, goat, sheep etc.) and foods made from milk, such as cheese and yoghurt.
- Read the labels on foods and drinks to check for milk or milk products, including foods that 'may contain' milk.
- Look for hidden names: milk solids non-fat, milk solids, milk powder, whey protein, milk, casein, curd – these are added to some processed and ready-made foods.

What about calcium?

Calcium is important for bone health. Your bones can become weak if you are not eating enough calcium rich foods. When avoiding milk it can be hard to eat enough calcium. You can do the following to make sure you get enough:

- Include milk alternatives with added calcium (oat, rice or coconut).
- Include sesame seeds, tahini, dried figs, green leafy vegetables (bok choy, broccoli, spinach), baked beans and legumes (no soy beans).

How do I remove wheat from my diet?

- Avoid any food made from wheat and foods that have wheat in the ingredients list.
- Check the label and avoid foods that 'may contain' wheat.

- Wheat contains a protein called gluten so if the product is *Gluten Free* it is also *Wheat Free*. However, you do not have to include only foods labelled as *Gluten Free*. There are other gluten containing cereals that can be included: oats, barley and rye.

Read food labels and ingredient lists carefully. Avoid the food if you see the words:

Wheat	Matzoh	Durum
Wheat starch	Seitan	Farina
Bulgar	Spelt	Kamut
Burghul	Cornflour (wheat)	Triticale
Wheat maltodextrin	Thickeners 1400-1450 (wheat derived)	

Starches and thickeners are safe for you to eat unless listed as being made from wheat.

How do I remove eggs from my diet?

- Avoid any food that contains egg from any type of poultry (e.g. eggs from chicken, duck or quail).
- Read the labels on foods and drinks to check for egg and foods that 'may contain' egg – it is often used in baked and ready-made foods.
- Look out for hidden names (e.g. albumen, apovitellin, avidin, globulin, livetin, lysozyme).
- Most pre-packaged 'egg substitutes' contain egg. Some safe substitutes are:
 - 1 tsp baking powder, 1 tbsp water, 1 tbsp vinegar
 - ¼ cup of unsweetened applesauce
 - ¼ cup of mashed banana
 - 1 tbsp of flaxseeds in 3 tbsp water
 - 1 tsp yeast dissolved in ¼ cup warm water
- Removing egg from your diet means you can miss out on important nutrients including protein, omega-3 fatty acids and vitamin D and A. You can use flaxseed oil and fortified milk alternatives to replace these nutrients.
- Egg lecithin (3220) is a food additive used for its emulsifying properties. It is allowed.

How do I remove soy from my diet?

- Avoid all forms of soy, including soy beans (edamame), soy sauce, tofu, soy milk and any product where soy is listed as an ingredient.

- As soy is added to foods you may not expect, you will need to read the food label to check for soy, including foods that ‘may contain’ soy. Look out for hidden names; hydrolysed plant protein, hydrolysed soy protein, hydrolysed vegetable protein, miso, okara, soya, soja.
- Soy based foods that are safe: soy bean oil (not cold-pressed) and soy lecithin (322).

How do I remove nuts from my diet?

- Avoid all tree nuts and peanuts.
- Read food labels and avoid foods that ‘may contain’ nuts.
- You can replace nuts with seeds (sesame seeds, sunflower seeds, linseeds, pepitas).
- Nutmeg and water chestnut are safe.

How do I remove fish and shellfish from my diet?

- Avoid all forms of fish and shellfish including fish sauce and oyster sauce.
- Read food labels and avoid foods that ‘may contain’ fish or shellfish.

The following tables will show you what you can and can’t eat while on the 6FED, avoiding wheat (W), milk (M), eggs (E), soy (S), nuts (N) and fish/shellfish (F).

Food Group	FOODS TO AVOID	FOODS TO INCLUDE	
Breads & Cereals	Wheat, including; spelt, kumut, couscous, durum, atta (W)	Oats	Gluten free corn
	Wheatstarch (W)	Rye	tortillas
	Semolina (W)	Barley	Gluten free pasta and
	Triticale (W)	Rice	lasagne
	Bran (W)	Corn/Maize	Lentil flours
	Regular bread and rolls, rye bread, pumpernickel bread, sourdough (W)	Polenta	Glutinous rice flour
	Regular biscuits, cakes, doughnuts, muffins (W)(M)(E)	Quinoa	Potato starch/flour
	Ice-cream cones or wafers (W)	Millet	Plain rice and corn
	Bread crumbs/breaded food (W)	Buckwheat	cereals
	Almond meal (N)	Sago/tapioca	Plain rice crackers
		Rice porridge/	Sorghum, teff,
		noodles	arrowroot, amaranth,
		Oat porridge	gram
	Rye Bread (no wheat)	Taco shells	

Food Group	FOODS TO AVOID	FOODS TO INCLUDE
	<p>Foods to watch out for (READ LABEL):</p> <p>Corn and rice tortillas/wraps (W)</p> <p>Vermicelli noodles (W)</p> <p>Soba noodles (W)</p> <p>Flavoured rice cakes and crackers (W)(M)</p> <p>Quinoa wraps (W)</p> <p>Gluten free muesli (N)</p> <p>Gluten free bread (S)</p>	
Vegetables	<p>Edamame (S)</p> <p>Foods to watch out for (READ LABEL):</p> <p>Frozen & canned vegetables (check for added thickeners and 'may contain' statements) (W)</p> <p>Tabbouleh (W)</p> <p>Frozen or take-away chips (W) (watch out for beer battered and sharing of contaminated oil)</p> <p>Canned legumes - may contain wheat (W)</p> <p>Vegetable/potato salad (W)(M)</p> <p>Mashed potato (M)</p>	All others
Fruit	<p>Foods to watch out for (READ LABEL):</p> <p>Commercially thickened fruit products (W)</p> <p>Fruit mince (W)</p> <p>Fruit smoothies with milk, yoghurt, whey (M)</p>	All others

Food Group	FOODS TO AVOID	FOODS TO INCLUDE
Meat & Alternatives	<p>Egg (e.g. whole, dried, powdered, solids, white, yolk, egg substitutes) (E)</p> <p>Soy (S), Tofu (S), Tempeh (S)</p> <p>Soy milk/cheese/ yoghurt (S)</p> <p>Textured vegetable protein (S)</p> <p>All seafood (e.g. fish, crab, tuna, shrimp, prawns, oysters, mussels) (F)</p> <p>Foods to watch out for (READ LABEL):</p> <p>Crumbed meats (W)</p> <p>Canned legumes - may contain wheat (W)</p> <p>Processed meats (sausages/ hamburgers) (W)(E)</p> <p>Canned stew/soups (W)</p> <p>Vegetarian sausages (S).</p> <p>Surimi (E)(W)(S)</p> <p>Felafel (W)</p>	<p>Lamb</p> <p>Beef</p> <p>Chicken</p> <p>Duck</p> <p>Turkey</p> <p>Pork</p> <p>Legumes e.g. baked beans, kidney beans, four bean mix</p> <p>Seeds</p>
Milk & Dairy	<p>Cow's milk (M)</p> <p>Goat's milk/ yoghurt/cheese (M)</p> <p>Sheep's milk/ yoghurt/cheese (M)</p> <p>Cream (M)</p> <p>Cheese (M)</p> <p>Dairy Desserts (M)</p> <p>Malted Milk (M)(W)</p> <p>Yoghurt (M)</p> <p>Drinking chocolate (M)(W)</p> <p>Coffee sachets (M)</p> <p>Milo (M)(W)</p> <p>Butter (M)</p> <p>Soy milk (S)</p> <p>Soy yoghurt (S)</p> <p>Almond milk and other nut milks (N)</p> <p>Milk/dairy terms;</p> <p>Milk, Milk solids (M)</p> <p>Sodium caseinate (M)</p> <p>Lactoglobulin (M)</p> <p>Lactalbumin (M)</p> <p>Casein (M)</p> <p>Whey (M)</p> <p>Curds (M)</p>	<p>Rice milk</p> <p>Coconut milk</p> <p>Oat milk</p> <p>Coconut yoghurt or ice-cream</p>

Food Group	FOODS TO AVOID	FOODS TO INCLUDE	
Spreads, sauces, dressings	<p>Vegemite®, Promite®, Marmite® (W)</p> <p>Nutella (M)(N)</p> <p>Butter (M)</p> <p>Cream cheese (M)</p> <p>Mayonnaise (M)(E)</p> <p>Creamy dressings (M)</p> <p>Malt vinegar (W)</p> <p>Milk based sauces (M)</p> <p>Peanut butter and other nut butters (N)</p>	<p>Foods to watch out for (READ LABEL);</p> <p>Salad dressings & mayonnaise (M)(W)(E)</p> <p>Asian sauces (soy, hoisin) (W)(S)(F)</p> <p>All commercial sauces (tomato, BBQ, sweet chilli etc.) (W)</p> <p>Stock cubes & gravy mixes (W)</p> <p>Curry powder & pastes (W)</p> <p>Vanilla & flavouring essence (W)</p> <p>Margarine (M)</p> <p>Pizza sauce (F)</p>	<p>Honey</p> <p>Jam/ marmalade</p> <p>Olive oil</p> <p>Nuttex™</p> <p>Molasses, Treacle</p> <p>Golden & Maple Syrup</p> <p>OzEmite® (Dick Smith)</p> <p>Our Mate™</p> <p>Salsa</p> <p>Soy bean oil (safe)</p> <p>Peanut oil (safe)</p> <p>Hummus</p> <p>Avocado</p> <p>Oils</p> <p>Vinegar</p> <p>Balsamic vinegar</p> <p>Tahini</p>
Snacks	<p>Any food with gluten, wheat, milk, soy, nuts or fish/shellfish in the ingredients/ allergy list:</p> <p>Chocolate (M)</p> <p>Custard/ ice-cream/ cheese cake (M)(E)</p> <p>Pavlova/meringue (E)</p> <p>Nuts (N)</p>	<p>Foods to watch out for (READ LABEL);</p> <p>Flavoured crisps and chips (W)(M)</p> <p>Lollies/sweets (W)</p> <p>Tinned and packet soups (W)(M)</p> <p>Icing mixture (W)(M)</p>	<p>Plain potato chips</p> <p>Plain corn chips</p> <p>Plain popcorn</p> <p>Rice crackers</p> <p>Corn thins</p> <p>Vegan chocolate (nut-free)</p> <p>Boiled sweets</p> <p>Sugars</p> <p>Jelly</p>
Drinks	<p>Beer (W)</p> <p>Milk or dairy based liquors (M)</p> <p>Eggnog (E)</p> <p>Foods to watch out for (READ LABEL);</p> <p>Cider (W)</p>	<p>Water</p> <p>Mineral/ soda/ tonic water</p> <p>Cordial</p> <p>Soft drink</p> <p>Black tea/ coffee</p>	<p>Sports drinks</p> <p>Fruit/Vegetable juice</p> <p>Red/white wine</p> <p>Spirits</p> <p>Champagne</p>

Sample meal plan – 6 food elimination diet (avoids wheat, milk, soy, eggs, nuts, fish/shellfish)

BREAKFAST	
Rice or oat porridge or wheat free cereal with milk (rice/oat/coconut) and fruit	
Coconut yoghurt with fruit and seeds	
Bircher muesli (no nuts) with milk (rice/oat/coconut), apple juice, fruit and coconut yoghurt	
Smoothie with milk (rice/oat/coconut), banana, dates and cinnamon	
Gluten free toast with spreads (jam, avocado, tahini, honey)	
Baked beans with gluten free toast	
Gluten free sausages with cooked mushrooms, tomato, spinach and hash brown	
MORNING TEA/ AFTERNOON TEA	
Corn chips with tomato salsa	Plain salted popcorn
Vege sticks with hommus	Potato or sweet potato chips
Rice cakes with tahini and honey	Jerky
Fruit (fresh or dried) and seeds	Corn thins with avocado and tomato
Coconut ice-cream	Rice, oat or coconut milk smoothie with
Roasted chickpeas or fava beans	berries and honey
LUNCH/ DINNER	
Gluten free wrap or toasted sandwich with ham or roast meat and salad	
Salad with falafel and hommus	
Stir fry with beef, pork or chicken, vegetables, sweet chilli sauce and rice	
Roast chicken, beef or pork and vegetables	
Curry with meat and curry paste of choice, coconut milk, vegetables and rice	
Rissoles (beef, lamb, pork or chicken) with salad and oven baked chips	
Risotto with chicken and vegetables	
Spaghetti bolognaise with gluten free spaghetti (no cheese)	
Vegetable soup such as pumpkin or cauliflower and gluten free toast	
Nachos with mince, kidney beans, vegetables, Mexican spices and guacamole	

Other meal and snack ideas:

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For further information contact your dietitian or nutritionist: _____