

Two food elimination diet for eosinophilic oesophagitis in adults

This information is for people completing the two food elimination diet (2FED). 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 Two Food Elimination Diet (2FED) involves strict removal of the following for 6-8 weeks:

- Animal milk
- Wheat

How do I remove milk from my diet?

- Avoid all animal milks (cow, goat, sheep's 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 difficult to eat enough calcium.

You can do the following to make sure you get enough:

- Include milk alternatives with added calcium (soy, almond, oat, rice or coconut).
- Include fish with edible bones (salmon and sardines), sesame seeds, green leafy vegetables (bok choy, broccoli, spinach), tofu (look for tofu made with calcium), baked beans and legumes.

How do I remove wheat from my diet?

- Avoid any food made from wheat and foods that include wheat in the ingredients list.
- Check the food 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.

The following tables will show you what you can and can't eat while on the 2FED, which avoids wheat (W) and milk (M).

Food Group	FOODS TO AVOID	FOODS TO INCLUDE	
Breads & Cereals	Wheat, including; spelt, kumut, couscous, durum, atta (W)	Oats	Rye bread (no wheat)
	Wheatstarch (W) Bran (W)	Rye	Gluten free muesli
	Semolina (W) Triticale (W)	Barley	Gluten free corn tortillas
	Regular bread and rolls, rye bread, pumpernickel bread, sourdough (W)	Rice	Gluten free pasta and lasagne
	Regular biscuits, cakes, doughnuts, muffins (W)(M)	Corn/Maize	Lentil flour
	Ice-cream cones or wafers (W)	Polenta	Almond meal
	Foods to watch out for (READ LABEL):	Quinoa	Glutinous rice flour
	Corn and rice tortillas/wraps (W)	Millet	Potato starch/flour
	Vermicelli noodles (W)	Buckwheat	Plain rice and corn cereals
	Soba noodles (W)	Sago/tapioca	Plain rice crackers
	Flavoured rice cakes/ crackers (W)(M)	Rice porridge/ noodles	Sorghum
	Quinoa wraps (W)	Taco shells	Teff
		Arrowroot	Gram
	Amaranth	Oat porridge	

Food Group	FOODS TO AVOID	FOODS TO INCLUDE
Vegetables	<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
Meat & Alternatives	<p>Foods to watch out for (READ LABEL):</p> <p>Crumbed meats (W)</p> <p>Battered fish (W)</p> <p>Canned legumes - may contain wheat (W)</p> <p>Processed meats (sausages/ hamburgers) (W)</p> <p>Canned stew/soups (W)</p> <p>Surimi (W)</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</p> <p>Fish and shellfish</p> <p>Soy</p> <p>Tofu</p> <p>Egg</p> <p>Nuts & seeds</p> <p>Nutmeat</p>

Food Group	FOODS TO AVOID		FOODS TO INCLUDE
Milk & Dairy	Cow's milk (M) Goat's milk/ yoghurt/cheese (M) Sheep's milk/ yoghurt/cheese (M) Cream (M) Cheese (M) Dairy desserts (M) Malted milk (M)(W) Yoghurt (M) Drinking chocolate (M)(W) Coffee sachets (M)	Milo (M)(W) Butter (M) Milk/dairy terms; Milk, Milk solids (M) Sodium caseinate (M) Lactoglobulin (M) Lactalbumin (M) Casein (M) Whey (M) Curds (M)	Almond milk and other nut milks e.g. cashew or macadamia nut milk Soy milk Rice milk Coconut milk Oat milk Soy yoghurt Coconut yoghurt Celebrity Slim™ Dairy & Gluten Free Shake (contains soy) (chocolate, vanilla or cafe latte flavours)
Spreads, sauces, dressings	Vegemite®, Promite®, Marmite® (W) Nutella (M) Butter (M) Cream cheese (M) Mayonnaise (M) Creamy dressings (M) Malt Vinegar (W) Milk based sauces (M)	Foods to watch out for (READ LABEL); Salad dressings & mayonnaise (M)(W) Asian sauces (soy, hoisin) (W) All commercial sauces (tomato, BBQ, sweet chilli etc.) (W) Stock cubes & gravy mixes (W) Curry powder & pastes (W) Vanilla & flavouring essence (W) Margarine (M)	Honey Jam/ marmalade Peanut butter and other nut butters Nuttelex™ Olive oil Molasses, Treacle Golden & Maple Syrup OzEmité® (Dick Smith) Our Mate™ Salsa Hummus Avocado Oils Vinegar Balsamic vinegar Tahini

Food Group	FOODS TO AVOID	FOODS TO INCLUDE	
Snacks	<p>Any food with gluten, wheat or milk in the ingredients/ allergy list: Chocolate (M) Custard/ ice-cream/ cheese cake (M)</p>	<p>Foods to watch out for (READ LABEL); Flavoured crisps and chips (W)(M) Lollies/sweets (W) Tinned and packet soups (W)(M) Icing mixture (W)(M)</p>	<p>Nuts Plain potato chips Plain corn chips Plain popcorn Rice crackers Corn thins Vegan chocolate Boiled sweets Sugars Jelly</p>
Drinks	<p>Beer (W) Milk or dairy based liquors (M)</p> <p>Foods to watch out for (READ LABEL); Cider (W)</p>	<p>Water Mineral/ soda/ tonic water Cordial Soft drink Black tea Black coffee</p> <p>Sports drinks Fruit & Vegetable juice Red/White wine Spirits Champagne</p>	

Sample meal plan – 2 food elimination diet (avoids wheat and milk)

BREAKFAST	
Oat porridge or wheat free cereal with milk (rice/oat/coconut/almond/soy) and fruit	
Coconut or soy yoghurt with fruit and nuts	
Smoothie with milk (rice/oat/coconut/almond/soy), banana, dates and cinnamon	
Gluten free toast with spreads (jam, avocado, peanut butter, tahini, honey)	
Baked beans with gluten free toast	
Poached/scrambled eggs on gluten free toast	
Gluten free sausages with cooked mushrooms, tomato, spinach and hash brown	
MORNING TEA/ AFTERNOON TEA	
Rice cakes with nut butter	Plain salted popcorn
Corn chips and salsa	Glass of plain or flavoured soy milk
Fruit (fresh or dried) and nuts	Vegetable sticks with hummus
Coconut or soy yoghurt	Plain potato or sweet potato chips
Roasted chickpeas or fava beans	Tin of tuna with avocado on rice crackers
LUNCH/ DINNER	
Gluten free wrap or toasted sandwich with ham or roast meat and salad	
Salad with falafel, tinned tuna or boiled eggs	
Stir fry with beef, pork, chicken or tofu, vegetables, honey, soy sauce and rice	
Roast chicken, beef or pork and vegetables	
Curry with meat, fish or tofu and curry paste of choice, coconut milk, vegetables and rice	
Grilled or battered fish (look for gluten free batter) with salad and oven baked chips	
Vegetable frittata (no cheese) and salad	
Risotto with chicken and vegetables	
Spaghetti bolognese 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: _____