

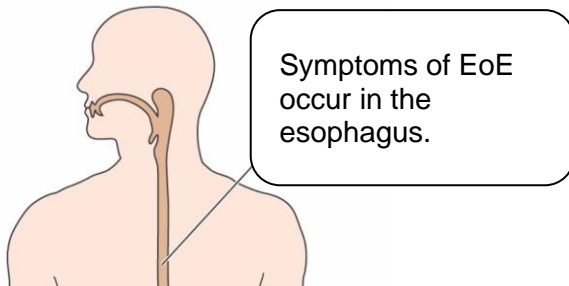
# Eosinophilic Esophagitis

## 2-Food Elimination Diet for Adults and Children over 2 years

This is intended for use when your gastroenterologist recommends a 2-Food Elimination Diet (2-FED).

Your dietitian and gastroenterologist can support you while following the 2-FED.

Eosinophilic Esophagitis (EoE) is a swallowing disorder. It can be caused by a food allergy.



Symptoms may include:

- heartburn or reflux
- food getting stuck in your throat
  - young children may show this as gagging or coughing while eating
- trouble swallowing
- vomiting

The **2-Food Elimination Diet (2-FED)** can be used to help identify food allergens that may be causing your EoE.

Do not try this diet:

- before talking to your doctor or dietitian about changes you might need to make to your medications
- if you have a known allergy or anaphylaxis to the foods being trialed

### Food allergens eliminated in a 2-FED

The 2 food allergens eliminated in the 2-FED are **wheat and milk**.

## How the 2-FED works

The 2-FED has 2 stages. It is important to follow both stages.

Your healthcare team will work with you to determine the best treatment plan for you while following the 2-FED.

### Stage 1: Elimination

This stage lasts 6–12 weeks. The purpose of Stage 1 is to reduce or eliminate your symptoms.

- For 6–12 weeks, avoid milk and wheat products. Your healthcare team will tell you how long you need to follow this elimination.
- Avoid any food or drink with milk or wheat as ingredients or that lists them on the food label.

**Note:** Wheat-free is different from gluten-free. You can eat gluten-containing foods on the 2-FED if they are wheat-free and milk-free.

### Stage 2: Reintroduction

The purpose of Stage 2 is to find out which foods cause your symptoms.

Your healthcare team will tell you when you can start eating wheat and milk products. They can help you decide which foods to add back in first. Start by adding food from **one** allergen group (wheat **or** milk). Eat foods from this same allergen group at least 3–4 times per week.



Pay attention to your symptoms and record them in a journal. Check out [ahs.ca/NutritionHandouts](https://www.ahs.ca/NutritionHandouts) and search "journal".

**Stop** eating a food if you get symptoms.

- Eliminate the last food you reintroduced.
- Wait until symptoms are gone before reintroducing other foods.

## Tips for following the 2-FED

The tips below can help you avoid wheat and milk products while following the 2-FED.

### Label reading

In Canada, food allergens are listed on the food label. You can check 2 places on the label:

- the ingredient list
- the “contains” or “may contain” list

**Ingredients can change. Read the label each time you buy a product.**

**INGREDIENTS:** ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE SHORTENING (CONTAINS CANOLA OIL AND CORN OIL), SALT, SODIUM BICARBONDATE, YEAST.

**CONTAINS: WHEAT  
MAY CONTAIN TRACES OF MILK PRODUCTS**

### When shopping:

- Buy food in sealed containers. Avoid foods from bulk bins or the deli section. Scoops or serving utensils used for more than one food may transfer allergens.

### When preparing foods:

- Use clean equipment to prepare food. Make sure all pots, pans, utensils, and counter spaces are clean before using.
- Toast wheat-free and milk-free bread in the oven or use a toaster bag.
- Use separate condiments from others in your household. This includes items such as jam, mustard, and peanut butter.



### When eating away from home:

- Avoid buffets, salad bars, and fondues. Serving utensils may transfer allergens between foods.
- Ask restaurant staff which foods are both wheat- and milk-free. Tell them you are avoiding these foods due to food allergies.
- Talk to your childcare provider and teachers about foods your child is avoiding.
  - You can send foods from home for your child if they cannot offer wheat-free and milk-free foods.



### Supplements and medications

Your healthcare team may suggest vitamin or mineral supplements. This may include a calcium supplement while you are avoiding milk and milk products.

You can ask a pharmacist for help with supplements and medications. They can tell you if they have milk or wheat ingredients in them.

# Food lists

Below are lists to help you through Stage 1 of the 2-FED: Elimination. These include:

- foods and ingredients to avoid
- foods to eat
- sample meal plans for regular texture and easier-to-swallow foods

Your dietitian will help guide you during Stage 2: Reintroduction. The order may be different for each person.

The lists include common foods. **It may not include everything you eat.** Make sure that the food and drinks you choose are allowed at your 'stage' of the 2-FED.

Foods listed may not be appropriate for all ages. Some foods are not advised for younger children. This includes foods that may be a choking risk and some plant-based beverages. Ask your dietitian for guidance.

**Note:** In this handout, wheat- and milk-free foods are written as:

- WF (wheat-free)
- MF (milk-free)

Ask your dietitian for help choosing brands of WF/MF foods and products.

## Foods to **avoid** during Stage 1: Elimination

Allergen	Foods and ingredients to avoid	
<b>Milk</b>	<p><b>Milk from any animal</b></p> <p><b>Beverages, cheeses, spreads (butter, margarine), and yogurts made from milk from any animal, such as:</b></p> <ul style="list-style-type: none"> <li>• cow, buffalo, deer, goat, sheep</li> <li>• lactose-free milk products</li> </ul>	<p><b>Milk ingredients:</b></p> <ul style="list-style-type: none"> <li>• beta-lactoglobulin/lactoglobulin</li> <li>• casein/caseinate</li> <li>• lactalbumin</li> <li>• lactoferrin</li> <li>• milk solids</li> <li>• rennet</li> <li>• whey and whey protein concentrate</li> </ul>
<b>Wheat</b>	<p><b>Grain products made from wheat, such as:</b></p> <ul style="list-style-type: none"> <li>• breadcrumbs, breading, batter mixes</li> <li>• breads</li> <li>• cookies</li> <li>• crackers</li> <li>• muffins</li> <li>• noodles</li> </ul>	<p><b>Products containing wheat or other words for wheat:</b></p> <ul style="list-style-type: none"> <li>• atta</li> <li>• couscous</li> <li>• kamut</li> <li>• seitan</li> <li>• semolina</li> <li>• spelt</li> <li>• wheat bran/germ</li> </ul>

# Foods and ingredients to **check** during Stage 1: Elimination

**These foods may or may not contain milk or wheat. Read the label.**

## **Baking ingredients:**

- baking powder
- carob chips and powder
- chocolate chips

## **Beverages:**

- coffee whiteners
- flavoured coffee mixes
- flavoured syrup for drinks
- flavoured teas
- hot chocolate mixes
- malted beverages

## **Condiments:**

- barbeque sauce
- malt vinegar
- marinades
- mustard
- pickles
- salad dressings
- smoked flavour
- spice mixtures
- soy sauce
- Worcestershire<sup>®</sup> sauce

## **Fats:**

- butter
- margarine

## **Protein foods:**

- breaded meats
- dry roasted or seasoned nuts
- pre-made burgers
- processed meats/deli meats
- sausages, wieners
- vegetarian burgers

## **Salty snacks:**

- chips
- crackers
- packaged flavoured popcorn/popcorn flavouring

## **Sweets:**

- candies and licorice
- chocolate bars
- frostings
- gum
- marshmallows
- MF ice creams
- pudding mixes/custards

## **Supplements:**

Protein powders and nutrition supplements made from milk (whey) protein.

## **Alcohol\*:**

- beer
- flavoured alcohol
- liqueurs

\*Check with your doctor before drinking alcohol.

MF= Milk-free

# Foods to eat during Stage 1: Elimination

## Vegetables and fruits

All fresh, frozen, and canned vegetables and fruits that **do not** have any wheat or milk products added to them.

## Grain foods, flours, and starches

Grains and grain products that are pure, uncontaminated, and **do not** have wheat or milk products in them.

- amaranth
- arrowroot flour
- barley\* (malt flavour, malt extract)
- buckwheat
- cassava, manioc, tapioca
- legume flours (bean, chickpea, lentil, pea)
- maize (corn, cornmeal, corn starch, maltodextrin from corn)
- millet
- oats\*popcorn
- potato flour or starch
- quinoa
- rice (black, brown, white, wild, rice bran, rice malt)
- rye\*sago
- sorghum
- taro
- teff

\*Barley, oats, and rye may come in contact with wheat during the farming process. Choose products with “pure, uncontaminated” on the label.

## Protein foods

Meat, poultry, fish, and eggs:	Nuts and seeds:	Beans and lentils:
<ul style="list-style-type: none"> <li>• beef</li> <li>• bison</li> <li>• chicken</li> <li>• eggs</li> <li>• elk</li> <li>• fish</li> <li>• moose</li> <li>• pork</li> <li>• shellfish</li> <li>• turkey</li> <li>• venison</li> </ul>	<ul style="list-style-type: none"> <li>• all nuts including peanuts and tree nuts (unseasoned)</li> <li>• chia seeds</li> <li>• flaxseeds (ground and whole)</li> <li>• hemp seeds</li> <li>• pumpkin seeds</li> <li>• sesame seeds</li> <li>• sunflower seeds</li> </ul>	<ul style="list-style-type: none"> <li>• black beans</li> <li>• chickpeas</li> <li>• fava beans</li> <li>• kidney beans</li> <li>• lentils</li> <li>• navy beans</li> <li>• soybeans (edamame, fortified soy beverage, tofu)</li> <li>• split peas</li> <li>• white beans</li> </ul>

## Plant-based food products

Beverages, cheese alternatives, and yogurts made from:

- almond
- cashew
- coconut
- flax
- hemp
- oats
- potato
- quinoa
- rice
- tapioca

Choose plant-based beverages that are **enriched or fortified** with calcium and vitamin D.

# Foods to eat during Stage 1: Elimination (continued):

Other foods	
<p><b>Baking ingredients:</b></p> <ul style="list-style-type: none"><li>• baking soda</li><li>• baking yeast</li><li>• carrageenan</li><li>• coconut</li><li>• cream of tartar</li><li>• guar</li><li>• pure vanilla extract</li><li>• yeast (autolyzed, baker's, nutritional, brewers)</li></ul> <p><b>Beverages:</b></p> <ul style="list-style-type: none"><li>• cider (non-alcoholic)</li><li>• cocoa powder, plain</li><li>• coffee (ground or instant)</li><li>• juice</li><li>• pop</li><li>• tea</li><li>• water</li></ul> <p><b>Condiments:</b></p> <ul style="list-style-type: none"><li>• black pepper/salt</li><li>• fresh herbs</li><li>• ketchup</li><li>• monosodium glutamate</li><li>• olives</li><li>• relish</li><li>• tomato paste</li><li>• vinegar</li></ul>	<p><b>Fats:</b></p> <ul style="list-style-type: none"><li>• vegetable oils</li><li>• margarine or butter made from canola, coconut, corn, olive, safflower, or sunflower oil</li><li>• plant-based butter alternative</li><li>• vegan margarine</li></ul> <p><b>Salty snacks (plain):</b></p> <ul style="list-style-type: none"><li>• popcorn (air popped or stove top)</li><li>• potato/corn chips</li><li>• rice cakes/crackers</li></ul> <p><b>Sweets:</b></p> <ul style="list-style-type: none"><li>• agave syrup</li><li>• corn syrup</li><li>• honey</li><li>• jam</li><li>• jelly</li><li>• maple syrup</li><li>• marmalade</li><li>• molasses</li><li>• sugar (brown, white, and icing)</li><li>• sugar substitutes or sweeteners</li></ul> <p><b>Alcohol*:</b></p> <ul style="list-style-type: none"><li>• cider</li><li>• spirits such as: bourbon, gin, rum, rye, vodka, or whiskey</li><li>• WF beer, lager, or ale</li><li>• wine</li></ul> <p>*Check with your doctor before drinking alcohol.</p>

WF = Wheat-free

# Sample meals for Stage 1: Elimination

Sample meals			
Day 1	Day 2	Day 3	
<b>Breakfast</b>			
Oatmeal (pure, uncontaminated) made with fortified soy beverage topped with: <ul style="list-style-type: none"> <li>berries</li> <li>cinnamon</li> <li>pecans, almonds, hemp hearts, or pumpkin seeds</li> </ul>	Smoothie made with: <ul style="list-style-type: none"> <li>banana</li> <li>flax or chia seeds</li> <li>fortified soy beverage or soy yogurt</li> <li>frozen berries</li> <li>nut butter</li> </ul>	WF/MF bread with: <ul style="list-style-type: none"> <li>honey, tahini spread, or peanut butter</li> </ul> Banana  MF yogurt	
<b>Lunch</b>			
WF/MF pasta (black bean, or chickpea or rice) with: <ul style="list-style-type: none"> <li>mixed vegetables</li> <li>tomato sauce</li> <li>WF/MF meatballs or shrimp</li> <li>optional: MF cheese alternative</li> </ul>	Sandwich made with: <ul style="list-style-type: none"> <li>chicken, roast beef, turkey, or tuna</li> <li>lettuce, sprouts, and tomato</li> <li>MF cheese alternative</li> <li>WF/MF bread, bun, or wrap</li> </ul> Fresh fruit	Corn tortillas filled with: <ul style="list-style-type: none"> <li>avocado</li> <li>black beans</li> <li>grilled chicken, beef, pork, or salmon</li> <li>lettuce</li> <li>salsa</li> <li>tomatoes</li> </ul>	
<b>Supper</b>			
Roast beef or pork or baked salmon with: <ul style="list-style-type: none"> <li>potatoes or corn on the cob</li> <li>roasted broccoli and cauliflower</li> </ul>	WF/MF Meat or vegetarian chili with: <ul style="list-style-type: none"> <li>potatoes or quinoa</li> <li>sorbet (WF/MF)</li> </ul>	Baked chicken with: <ul style="list-style-type: none"> <li>cooked rice</li> <li>steamed carrots and green beans</li> </ul>	
<b>Snacks</b>			
<ul style="list-style-type: none"> <li>berries with MF yogurt</li> <li>fruit</li> <li>nacho chips and salsa</li> <li>popcorn</li> <li>raw vegetables and hummus</li> <li>rice crackers and peanut butter</li> <li>trail mix</li> </ul>	<b>Beverages</b>		
	<ul style="list-style-type: none"> <li>coffee</li> <li>fortified beverage: soy, almond, coconut, flax, hemp, or rice</li> <li>fruit or vegetable juice</li> <li>tea</li> <li>water</li> </ul>	<b>Fats</b>	
		<ul style="list-style-type: none"> <li>margarine, or butter made from canola, coconut, corn, olive, safflower, or sunflower oil</li> <li>vegetable oils</li> </ul>	

WF = Wheat-free; MF= Milk-free

# Easier-to-swallow meal ideas for Stage 1: Elimination

Difficulty swallowing is a common symptom of EoE. See table below for ideas to use during Stage 1: Elimination.

Sample meals: Easier-to-swallow foods	
<b>Breakfast</b>	<ul style="list-style-type: none"><li>• chia seed pudding (made with fortified soy beverage) and berries</li><li>• omelet (made with tomato and spinach)</li><li>• overnight oats (made with fortified soy beverage)</li><li>• smoothie (made with banana, frozen berries, avocado, and fortified soy beverage)</li></ul>
<b>Lunch or supper</b>	<ul style="list-style-type: none"><li>• beef, barley, and vegetable soup with WF/MF bun</li><li>• meatloaf topped with gravy, soft, cooked green beans, baked potato (no skin)</li><li>• turkey salad sandwich on WF bread (no raw vegetables) with soft, cooked carrots</li><li>• stir-fry with soft, cooked vegetables, rice noodles, and tofu</li></ul>

WF = Wheat-free; MF= Milk-free

## For more information

These websites contain additional information and recipes.

[ahs.ca/NutritionHandouts](https://ahs.ca/NutritionHandouts)

Search for nutrition handouts using topic filters:

- Behaviour change
- Digestive health
- Dysphagia (difficulty swallowing)

[Health Canada Food Allergies and Intolerances](https://healthycanadians.gc.ca)

Visit [healthycanadians.gc.ca](https://healthycanadians.gc.ca). Select Food and nutrition > Food safety > Food allergies and intolerances.

[American Partnership for Eosinophilic Disorders](https://apfed.org)

Apfed.org provides information and resources for people with EoE.

[kidswithfoodallergies.org](https://kidswithfoodallergies.org)

Visit the Recipe & Diet section. Search for recipes that are free of your food allergen.

## For more support



- Talk to your healthcare team.
- Call Health Link at 811 and ask to talk to a dietitian or complete a [self-referral form](#) on [ahs.ca/811](https://ahs.ca/811).
- Visit [ahs.ca/nutrition](https://ahs.ca/nutrition).