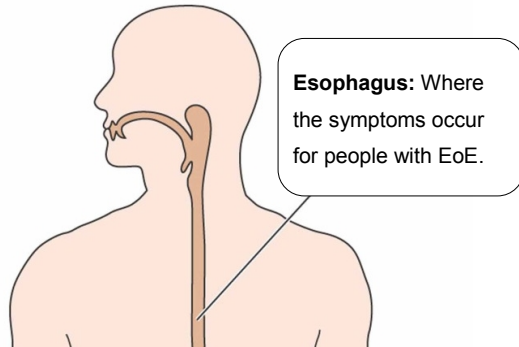


# Common Allergen Elimination Diet

The **Common Allergen Elimination Diet (CAE diet)** can be used to help diagnose food allergies, intolerances and Eosinophilic Esophagitis (EoE).

EoE is a swallowing disorder that can be triggered by a food allergy. Some symptoms might be: heartburn, food getting stuck in your throat, trouble with swallowing or vomiting.



Food allergies not related to EoE have other symptoms, such as a rash, itching, hives, swelling of the lips, tongue or throat, stomach pain, vomiting, diarrhea, or anaphylaxis (shortness of breath, trouble breathing). Anaphylaxis is a life-threatening condition.

Trying a CAE diet may help you find which foods you're allergic to. **Don't try this diet if you have known anaphylaxis.**

The most common food allergen groups are:

- eggs
- milk
- wheat
- seafood (fish and shellfish)
- soy
- peanuts
- tree nuts

**Note:** Other foods and environmental factors can trigger an allergic reaction as well. If this is suspected, these foods/factors should also be eliminated.

This is **not** a gluten-free diet.

The CAE diet has 2 stages: **Stage 1 is Elimination, Stage 2 is Reintroduction.** To find which foods cause your allergic reaction, it's important to follow both stages.

**Important:** Talk to your doctor or dietitian about any changes to your medication or medical tests you might need before, during, or after this diet.

The purpose of **Stage 1** (Elimination) is to reduce or eliminate your symptoms. For 6 weeks, don't eat eggs, milk, wheat, seafood (fish and shellfish), soy, peanuts, tree nuts, or any foods or drinks that have traces of these.

The purpose of **Stage 2** (Reintroduction) is to find out which foods cause your symptoms. After following the CAE diet for 6 weeks, your dietitian can help guide you to add the food allergens back into your diet. You will start adding 1 food allergen at a time until all food allergens have been reintroduced.

It's important to pay attention to your symptoms and record them. Stop eating a food if you get symptoms.

Your doctor or dietitian may recommend vitamin or mineral supplements while on this diet.

# Common Allergen Elimination Diet

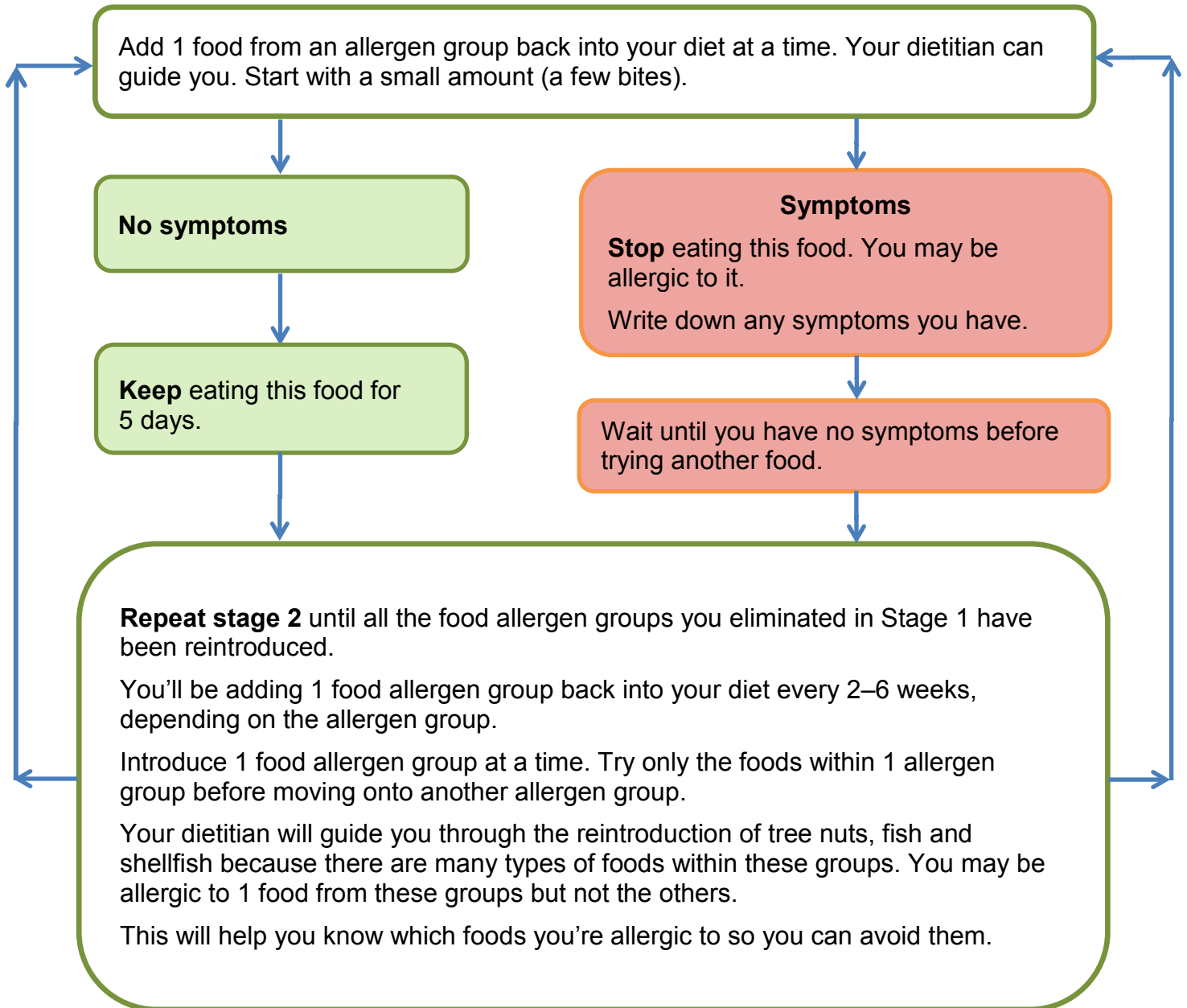
## Stage 1: Elimination

**Do not eat any foods from the food allergen groups for 6 weeks.**

Eggs, milk, wheat, seafood (fish and shellfish), soy, peanuts, tree nuts, or any foods or drinks that have traces of these foods.

- Keep a food diary of everything you eat and drink
- Write down any symptoms you have

## Stage 2: Reintroduction



## Label reading

In Canada food allergens must be listed on the food label. You can check 2 places on the label:

1. The ingredient list
2. The *contain or may contain* list

**Read the label every time to make sure that products don't have allergens in them.**



## Managing food allergies

Depending on the results of the CAE diet, your doctor or dietitian may recommend you take a vitamin or mineral supplement for long-term health. If you need a supplement, or are taking medicines, **check to make sure they don't have any ingredients you're allergic to.**

## To avoid cross-contamination

Your dietitian will guide you on when and which of these tips to follow:

### When shopping:

- **Buy food in closed containers** when possible. Bulk and deli sections of grocery stores can be contaminated by other foods or utensils.
- **Read the label** on hygiene products such as lotions, cosmetics, hair products and toothpaste. They may contain one of the allergens as an ingredient.

## When preparing foods:

- **Use clean equipment to prepare food.** Make sure all pots, pans, utensils, and counter spaces are clean before using.
- You may need to have a **separate cupboard or container** for some products.
- When cooking with others **prepare and cook allowed foods separately from foods you could be allergic to.**
- **Toast bread in the oven or use a toaster bag** (a reusable bag to cover your bread so that it can be placed in any toaster). A shared toaster may have crumbs from allergen-containing breads.
- **Use a separate strainer for allowed foods.** Food particles can get stuck in the small holes.
- **Use separate condiment containers** for items such as jam, mustard, margarine. A shared dish or jar may have crumbs from allergen-containing foods.

## When eating away from home:

- **Avoid buffets, salad bars, and fondues.** Foods are easily contaminated by spoons, serving utensils, and small food pieces.
- **When ordering grilled food,** ask for it to be cooked on a clean grill.
- **If ordering fried food,** ask to be sure it's not fried in oil that has been used to prepare foods you're allergic to.

## For more information:

These websites contain additional information and recipes.

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

Visit [healthycanadians.gc.ca](http://healthycanadians.gc.ca) and select *Food and Nutrition*, then select *food allergies and intolerances*.

### [American Partnership for Eosinophilic Disorders](http://Apfed.org)

Apfed.org provides information and resources for adults and children with EoE.

### [kidswithfoodallergies.org](http://kidswithfoodallergies.org)

Go to the *Recipe and Diet* section to search for recipes that are free of your food allergen.

# Food list

Below is a list of foods to eliminate on the CAE diet, followed by a list of foods you can include. Your dietitian will help guide you during the reintroduction phase, as the order may be different for each person. While this list includes common foods **it may not include everything you eat**. Make sure that the foods and drinks you choose are allowed at different stages of the CAE diet. **Read the label every time you buy a product.**

## Foods to AVOID During Stage 1: Elimination

Allergen Group	Foods and ingredients to avoid	
<b>Eggs</b>	<p><b>Eggs and egg products from any animal, such as:</b></p> <ul style="list-style-type: none"> <li>• chicken, duck, goose, quail, turkey, ostrich, plover</li> <li>• dried egg solids</li> <li>• eggnog</li> <li>• egg powder</li> <li>• egg substitutes</li> <li>• egg whites</li> <li>• egg yolks</li> <li>• frozen eggs</li> </ul>	<p><b>Egg ingredients:</b></p> <ul style="list-style-type: none"> <li>• albumen/albumin</li> <li>• conalbumin</li> <li>• egg lecithin, lecithin (if unknown source)</li> <li>• globulin</li> <li>• livetin</li> <li>• lysozyme</li> <li>• ovo (means egg) for example: ovalbumin, ovomucin, ovotransferrin, ovoglobulin, ovalactohydrolyze proteins, ovomacroglobulin, ovomucoid</li> <li>• silico-albuminate</li> <li>• vitellin</li> </ul>
<b>Milk</b>	<p><b>Beverages, cheese, 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</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>Wheat and other grain products made with wheat, such as:</b></p> <ul style="list-style-type: none"> <li>• breads, cookies, crackers, muffins, 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>• semolina</li> <li>• seitan</li> <li>• spelt</li> <li>• wheat bran/germ</li> </ul>

Allergen Group	Foods and ingredients to avoid	
<b>Seafood (Fish and Shellfish)</b>	<p><b>Fish, shellfish, and foods with them in it, such as:</b></p> <ul style="list-style-type: none"> <li>• anchovies, basa, cod, haddock, halibut, herring, mackerel, pike, salmon, sole, tilapia, tuna, trout</li> <li>• clams, crab, crayfish, lobster, mussels, oysters, octopus, scallops, shrimp</li> </ul>	<ul style="list-style-type: none"> <li>• antipasto</li> <li>• caesar salad with anchovies</li> <li>• Clamato® juice</li> <li>• sushi</li> <li>• fish oil supplements</li> </ul>
<b>Soy</b>	<p><b>Soy and soy products, such as:</b></p> <ul style="list-style-type: none"> <li>• edamame</li> <li>• hydrolyzed plant protein (HPP or HVP)</li> <li>• margarine or butter made with soy oil</li> <li>• miso</li> <li>• soy beverages</li> <li>• soy nuts</li> <li>• soy sauce/tamari</li> <li>• soybeans</li> <li>• soybean oil</li> <li>• tempeh</li> <li>• texturized vegetable protein (TVP)</li> <li>• tofu</li> </ul>	<p><b>Soy ingredients:</b></p> <ul style="list-style-type: none"> <li>• bean curd (dofu, kori-dofu, soybean curd)</li> <li>• kinako</li> <li>• natto</li> <li>• nimame</li> <li>• okara</li> <li>• soja</li> <li>• soy protein isolate</li> <li>• soy lecithin</li> <li>• soya</li> <li>• yuba</li> </ul>
<b>Peanuts</b>	<ul style="list-style-type: none"> <li>• peanuts</li> <li>• peanut butter</li> <li>• peanut oil</li> </ul>	
<b>Tree nuts</b>	<p><b>Tree nuts and nut products, such as:</b></p> <ul style="list-style-type: none"> <li>• almonds, Brazil nuts, cashews, chestnuts, filberts, pecans, pine nuts, pistachios, pralines, walnuts</li> </ul>	<ul style="list-style-type: none"> <li>• marzipan or almond paste</li> <li>• nut beverage (almond, cashew)</li> <li>• nut butters (almond, cashew)</li> <li>• nut extract (almond, walnut)</li> <li>• nut oils</li> <li>• nut spreads (gianduja, such as Nutella®)</li> <li>• pesto</li> </ul>

Allergen Group	<b>Foods and ingredients to check</b> <b>These foods <u>may or may not</u> contain 1 or more of the allergens. Read the label.</b>	
<b>Other Foods</b>	<p><b>Baking Ingredients:</b></p> <ul style="list-style-type: none"> <li>• baking powder</li> <li>• carob chips and powder</li> <li>• chocolate chips</li> <li>• gelatin (may contain fish)</li> </ul> <p><b>Beverages:</b></p> <ul style="list-style-type: none"> <li>• coffee whiteners</li> <li>• flavoured coffee</li> <li>• flavoured syrup for drinks</li> <li>• flavoured tea</li> <li>• hot chocolate mixes</li> <li>• malted beverages</li> </ul> <p><b>Condiments:</b></p> <ul style="list-style-type: none"> <li>• barbeque sauce</li> <li>• malt vinegar</li> <li>• marinades</li> <li>• mayonnaise substitute</li> <li>• meat coatings</li> <li>• mustard</li> <li>• pickles</li> <li>• salad dressing</li> <li>• smoked flavour</li> <li>• spice mixtures</li> <li>• Worcestershire® sauce</li> </ul>	<p><b>Fats and Oils:</b></p> <ul style="list-style-type: none"> <li>• vegan butter/vegan margarine</li> </ul> <p><b>Meat and Alternatives:</b></p> <ul style="list-style-type: none"> <li>• breaded meats</li> <li>• premix burgers</li> <li>• processed meats/deli meats</li> <li>• sausages, wieners</li> <li>• vegetarian burgers</li> </ul> <p><b>Salty Snacks:</b></p> <ul style="list-style-type: none"> <li>• chips</li> <li>• crackers</li> <li>• packaged flavoured popcorn/popcorn flavouring</li> </ul> <p><b>Sweets:</b></p> <ul style="list-style-type: none"> <li>• candies and licorice</li> <li>• chocolate bars</li> <li>• frostings</li> <li>• gum</li> <li>• marshmallows</li> <li>• milk-free ice creams</li> <li>• pudding mixes/custards</li> </ul> <p><b>Supplements</b>  Protein powders and nutrition supplements made from proteins with allergens such as milk (whey) or soy protein.</p> <p><b>Alcohol*:</b></p> <ul style="list-style-type: none"> <li>• beer</li> <li>• cider</li> <li>• flavoured alcohol</li> <li>• liqueurs</li> </ul> <p>*Check with your Doctor before drinking alcohol.</p>

## Foods to EAT During Stage 1: Elimination

### Vegetables and Fruit

**All fresh, frozen, and canned vegetables and fruits that don't have any allergens added to them.**

### Grain Products

**Grains and grain products that are pure, uncontaminated, and don't have the allergens in them.**

Examples of allowed grains including bakery products, breads, pastas, cereals, and crackers:

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• amaranth</li> <li>• arrowroot flour</li> <li>• barley (malt flavour, malt extract)</li> <li>• buckwheat</li> <li>• cassava, manioc, tapioca</li> <li>• flax</li> <li>• legume flours (bean, chickpea, lentil, pea)</li> <li>• maize (corn, cornmeal, corn starch, maltodextrin from corn)</li> <li>• millet</li> </ul> | <ul style="list-style-type: none"> <li>• oats (pure, uncontaminated)</li> <li>• popcorn</li> <li>• potato flour or starch</li> <li>• quinoa</li> <li>• rice (black, brown, white, wild, rice bran, rice malt)</li> <li>• rye</li> <li>• sago</li> <li>• sorghum</li> <li>• taro</li> <li>• teff</li> </ul> |
|---|--|

### Milk and Alternatives

**Milk, cheese, and yogurt alternatives that don't have the allergens in them.**

**Beverages, cheese, and yogurts made from:**

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• coconut</li> <li>• flax</li> <li>• hemp</li> <li>• oats</li> </ul> | <ul style="list-style-type: none"> <li>• potato</li> <li>• quinoa</li> <li>• rice</li> <li>• tapioca</li> </ul> |
|---|---|

**Use milk alternatives that are enriched or fortified with calcium and vitamin D.**

### Meat and Alternatives

**Meats:**

- beef
- bison
- chicken
- elk
- pork
- turkey
- venison

**Seeds:**

- chia seeds
- flax seeds
- hemp seeds
- pumpkin seeds
- sesame seeds
- sunflower seeds

**Beans/Legumes:**

- black beans
- chickpeas
- fava beans
- kidney beans
- navy beans
- white beans
- lentils
- split peas

## Foods to EAT During Stage 1: Elimination (continued):

### Other Foods

**Baking Ingredients:**

- baking soda
- baking yeast
- carrageenan
- coconut
- cream of tartar
- guar
- pure vanilla extract
- yeast (autolyzed, baker's, nutritional, brewers)

**Beverages:**

- cider (non-alcoholic)
- cocoa powder, plain
- coffee, ground or instant
- juice
- pop
- tea (unflavoured)
- water

**Condiments:**

- black pepper/salt
- fresh herbs
- ketchup
- monosodium glutamate
- olives
- relish
- tomato paste
- vinegar

**Fats and Oils:**

- vegetable oils, margarine or butter made from canola, coconut, corn, olive, safflower, or sunflower oil

**Salty Snacks (Plain):**

- popcorn (air popped or stove top)
- potato/corn chips
- rice cakes/crackers

**Sweets:**

- corn syrup
- honey
- jam
- jelly
- maple syrup
- marmalade
- molasses
- sugar (brown, white, and icing)
- sugar substitutes or sweeteners

**Alcohol\*:**

- spirits such as: bourbon, gin, rum, rye, vodka, or whiskey
- wheat-free beer, lager, or ale
- wine

\*Check with your Doctor before drinking alcohol.