

How to follow a Food Elimination Diet

Patient Name: _____

Dietitian: _____

Contact Information: _____

What is a Food Elimination Diet?

A food elimination diet can help you learn whether certain foods are causing your symptoms. It involves removing foods from your diet, usually for 6 weeks. The most common food allergens are:

- Cow's milk protein
- Egg
- Fish and shellfish
- Soy
- Peanuts and tree nuts
- Wheat



Once that time is done, your health care team will determine which foods you can reintroduce. The foods will be reintroduced one at a time to determine which one(s) is the cause of your symptoms. If you experience symptoms once a food is reintroduced, consult your dietitian as this food is likely one you are sensitive to.

Why do I need to follow a Food Elimination Diet?

There are many reasons why you may have been asked to follow a food elimination diet. One such reason is Eosinophilic Esophagitis (EoE), where you get ongoing reaction in your throat (esophagus). With EoE your body creates excess eosinophils, a type of white blood cells. The white blood cells are a sign of an immune response which causes swelling when you eat certain foods.

An elimination diet can help identify the food or foods that cause your symptoms. By knowing which foods cause your symptoms you can help to control them.

Research has shown that many children with EoE will see an improvement in at least half or more of their symptoms after an elimination diet.

What foods do I need to eliminate?

Have you had allergy testing done?

- Yes
- No



If yes, what kind of testing?

What were the results?

Eliminate the foods that are marked with an “X” below

<input type="checkbox"/>	Cow's milk	
	Foods Butter Cow's milk Cheese Cream Goat's milk Ice cream Pudding Sour cream Whey Yogurt	Ingredients Casein Diacetyl Lactalbumin Lactoferrin Lactose Lactulose Recaldent Rennet casein Tagatose Whey
<input type="checkbox"/>	Eggs	
	Foods Egg/egg substitutes Eggnog Lecithin Mayonnaise Meringue	Ingredients Albumin Globulin Lecithin Lysozyme Ovalbumin Ovovitellin
<input type="checkbox"/>	Fish and shellfish	
	Foods All fish Crab Fish sauce Imitation seafood Lobster Mussels Scallops Shrimp	Ingredients Fish stock Seafood flavouring

Eliminate the foods that are marked with an “X” below

<input type="checkbox"/>	Soy	
	<p>Foods</p> <ul style="list-style-type: none"> Edamame Miso Natto Soybean Soy sauce Tempeh Teriyaki sauce Tofu 	<p>Ingredients</p> <ul style="list-style-type: none"> Textured vegetable protein Vegetable gums, starches and store bought broths
<input type="checkbox"/>	Peanut and tree nuts	
	<p>Foods</p> <ul style="list-style-type: none"> All nuts 	<p>Ingredients</p> <ul style="list-style-type: none"> Nut extract Nut flour Nut milk Nut oil Nut paste
<input type="checkbox"/>	Wheat	
	<p>Foods</p> <ul style="list-style-type: none"> Breads Couscous Crackers Flour Pasta Pizza crust 	<p>Ingredients</p> <ul style="list-style-type: none"> Bulgar Durum Einkorn Emmer Farina Kamut Matzoh Semolina Spelt Triticale
	Other:	

How long do I follow a Food Elimination Diet?

You will need to avoid any of the foods marked with an **X** in the charts on pages 4 and 5 for ____ weeks.

Once this time is up you will be able to:

Do I need to take supplements?

Tips to help with a Food Elimination Diet

- Eat "whole" foods and cook from scratch.
- Cook in bulk and freeze leftovers to help save time.
- It is hard to find a milk and soy free butter.
Try using coconut oil instead.
- Use fortified rice milk instead of milk, soy milk or almond milk.



Egg substitutes

Type of substitute	Type of recipe to use it in	Comments
Baking soda and vinegar 5 ml baking soda and 5 ml vinegar equals 1 egg	Cookies, white cakes, loaves	Limit use to recipes calling for 1 egg.
Ground flaxseed and water Mix 1/3 cup ground flax seed in 1 cup water. Bring mixture to a boil. Simmer for 3 minutes. Refrigerate. 1 tbsp equals 1 egg.	Pancakes, muffins, cookies	Products are moist with good texture. If recipe needs 2 to 3 eggs, product may be too moist.
Mashed banana Half an average size equals 1 egg	Cakes, muffins	Adds flavor. Products may be gummy.
Vinegar 15 ml equals 1 egg	Baked goods	Products stale quickly, use within 4 days. Freeze baked good until used.

Cookbook resources

The Whole Foods Allergy Cookbook by Cybele Pascal
NO dairy, eggs, wheat, soy, peanuts, tree nuts, fish,
and shellfish



Allergy Free Cookbook by Alice Sherwood

NO eggs, dairy, nuts, gluten - there are recipe substitutions for other
allergens listed

The Allergen-Free Baker's Handbook by Cybele Pascal

NO gluten, wheat, dairy, eggs, soy, peanuts, tree nuts

Meal examples

Sample breakfast options

- Bacon, Lettuce and Tomato (BLT) on gluten free bread
- Fruit smoothie with gluten free toast
- Gluten free cereal with rice milk
- Gluten free pancakes with syrup and fruit
- Gluten free toast with jam
- Oatmeal with berries

Sample lunch options

- Modified caesar salad with chicken – use a modified dressing recipe
- Rice pasta salads
- Sandwich on gluten free bread
- Rice crackers, veggies, and hummus
- Leftovers

Sample dinner options

- Meat, potato and vegetables
- Stir fry (vegetables and meat of your choice) with rice
- Stews/soups/chili
- Tacos (with corn shell)
- Gluten free spaghetti and meatballs
- Salads