Eosinophilic Esophagitis Diet – Six Food Elimination Diet

This diet involves removing the six most common foods that have been seen in allergic diseases. That is:

* Milk
* Egg
* Wheat
* Soy
* Peanuts/treenuts
* and Seafood (fish/shellfish)

This diet was initially proposed due to limited access to allergists to perform a food allergy evaluation for eosinophilic esophagitis. Removal of these foods resulted in an 88% resolution of disease in children with eosinophilic esophagitis.

The response rate is good, however, this diet can be quite challenging to follow. Major changes are required in daily eating and living habits and supplementation with an amino-acid based formula is often required.

When embarking on this diet, counselling with a Dietitian is strongly recommended to ensure adequate nutrition is maintained. Similar to specific food elimination diets, feeling very comfortable with reading ingredient labels is absolutely necessary.