

## Six food elimination diet for Eosinophilic Oesophagitis (EOE) in adults

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

- Animal Milk
- Egg
- Nuts
- Wheat
- Soy
- Fish and Shellfish



### How do I remove milk from my diet?

- Avoid all animal milks (e.g., cow, goat, sheep) and foods made from milk, such as cheese, yoghurt, butter, or ghee.
- Read the labels on foods and drinks to check for milk or milk products.
- 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?

It can be hard to get enough calcium when avoiding milk. Calcium is important for bone health. Your bones can become weak if you are not eating enough calcium rich foods. You can do the following to make sure you get enough calcium:

- Include milk alternatives with added calcium (e.g., oat, rice, or coconut milks).
- Include sesame seeds, tahini, dried figs, green leafy vegetables (e.g., bok choy, broccoli, or spinach), baked beans and legumes (excluding soy beans).

### How do I remove wheat from my diet?

- Avoid any food made from wheat and foods that have wheat in the ingredients list such as bread, pasta, biscuits, noodles, soy sauce, or Worcestershire sauce.
- Read the labels on foods and drinks to check for wheat.

- Gluten is a protein found in wheat. If the product is **gluten free** it is safe to eat. There are wheat free grains that contain gluten and can be included on a standard 6FED diet (e.g., 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
Thickeners 1400-1450 (wheat derived)		

- Starches and thickeners are safe for you to eat unless listed as being made from wheat.

### **How do I remove eggs from my diet?**

- Avoid any food that contains egg from any type of poultry. This includes eggs from chickens, ducks or quails.
- Read the labels on foods and drinks to check for egg. It is often found in baked and ready-made foods.
- Look out for hidden names (e.g., albumen, apovitellin, avidin, globulin, livetin, lysozyme).
- Depending on the recipe, some safe egg substitutes for baking are:
  - Egg-free commercial egg replacer
  - 1 tsp baking powder, 1 tbsp water, 1 tbsp vinegar
  - ¼ cup of unsweetened applesauce
  - ¼ cup of mashed banana
  - 1 tbsp of flaxseeds or chia seeds in 3 tbsp water
  - 1 tsp yeast dissolved in ¼ cup warm water
- Egg lecithin (3220) is a food additive used for its emulsifying properties. It is allowed.

### **How do I remove soy from my diet?**

- Avoid all forms of soy bean and any product where soy is listed as an ingredient such as soy sauce, teriyaki sauce, hoisin sauce, oyster sauce, tofu, soy milk and edamame.

- As soy is added to foods you may not expect, you will need to read the food label to check for soy. Look out for hidden names; hydrolysed plant protein, hydrolysed soy protein, hydrolysed vegetable protein, miso, okara, soya, soja.
- Soy based foods that are safe: soy bean oil (not cold-pressed) and soy lecithin (322).

### **How do I remove nuts from my diet?**

- Avoid all tree nuts and peanuts including nut pastes, almond meal, nougat, nut bars or marzipan.
- You can replace nuts with seeds such as sesame seeds, sunflower seeds, linseeds, or pepitas.
- Nutmeg and water chestnut are safe.

### **How do I remove fish and shellfish from my diet?**

- Avoid all forms of fish and shellfish including fish sauce and oyster sauce.

### **Do I need to avoid ‘may contain’ statements?**

Foods that ‘may contain’ milk, wheat, gluten, soy, nuts, egg, fish and shellfish may be included unless otherwise directed by a Doctor or Dietitian.

## Foods to avoid and foods to include on a Six Food Elimination Diet

The following tables will show you what you can and can't eat while on the 6FED, avoiding wheat (W), milk (M), eggs (E), soy (S), nuts (N) and fish/shellfish (F).

Food Group	Foods to avoid	Foods to include	
Breads & Cereals	Wheat including: spelt (W), kumut (W), couscous (W), durum(W), atta (W), Wheatstarch (W), Bran (W) Semolina (W), Triticale (W) Regular bread and rolls, rye bread, pumpernickel bread, sourdough (W) Regular biscuits, cakes, doughnuts, muffins (W)(M)(E) Ice-cream cones or wafers (W) Breadcrumbs/breaded food (W) Almond meal (N) <b>Foods to watch out for (READ LABEL):</b> Corn and rice tortillas/wraps (W) Vermicelli noodles (W) Soba noodles (W) Flavoured rice cakes and crackers (W)(M) Quinoa wraps (W) Gluten free muesli (N) Gluten free bread (S)	Oats Rye Barley Rice Corn/Maize Polenta Quinoa Millet Buckwheat Sago/tapioca Rice porridge/noodles Oat porridge Rye Bread made without wheat	Gluten free corn tortillas Gluten free pasta and lasagne Lentil flours Glutinous rice flour Potato starch/flour Plain rice and corn cereals Plain rice crackers Sorghum, arrowroot, amaranth, teff, gram Taco shells

Food Group	Foods to avoid	Foods to include
<b>Vegetables</b>	<p>Edamame (S)</p> <p><b>Foods to watch out for (READ LABEL):</b></p> <ul style="list-style-type: none"> <li>Frozen &amp; canned vegetables (check for added thickeners and 'contain' statements) (W)</li> <li>Tabbouleh (W)</li> <li>Frozen or take-away chips (W) <i>watch out for beer battered and sharing of contaminated oil</i></li> <li>Canned legumes - may contain wheat (W)</li> <li>Vegetable/potato salad (W)(M)</li> <li>Mashed potato (M)</li> </ul>	All others
<b>Fruit</b>	<p><b>Foods to watch out for (READ LABEL):</b></p> <ul style="list-style-type: none"> <li>Commercially thickened fruit products (W)</li> <li>Fruit mince (W)</li> <li>Fruit smoothies with milk, yoghurt, whey (M)</li> </ul>	All others
<b>Meat &amp; Alternatives</b>	<p>Egg (e.g., whole, dried, powdered, solids, white, yolk) (E)</p> <p>Soy (S), Tofu (S), Tempeh (S)</p> <p>Soy milk/cheese/ yoghurt (S)</p> <p>Textured vegetable protein (S)</p> <p>All seafood (e.g., fish, crab, tuna, shrimp, prawns, oysters, mussels) (F)</p> <p><b>Foods to watch out for (READ LABEL):</b></p> <ul style="list-style-type: none"> <li>Crumbed meats (W)</li> <li>Canned legumes – may contain wheat (W)</li> <li>Processed meats (sausages/ hamburgers) (W)(E)</li> <li>Canned stew/soups (W)</li> <li>Vegetarian sausages (S)</li> <li>Surimi (E)(W)(S)</li> <li>Felafel (W)</li> </ul>	Lamb Beef Chicken Duck Turkey Pork Legumes e.g., baked beans, kidney beans, four bean mix Seeds

<b>Food Group</b>	<b>Foods to avoid</b>		<b>Foods to include</b>
<b>Milk &amp; Dairy</b>	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)	Soy milk (S) Soy yoghurt (S) Almond milk and other nut milks (N) <b>Milk/dairy terms;</b> Milk, Milk solids (M) Sodium caseinate (M) Lactoglobulin (M) Lactalbumin (M) Casein (M) Whey (M) Curds (M)	Rice milk Coconut milk Oat milk Coconut yoghurt or ice-cream
<b>Spreads, sauces, dressings</b>	Vegemite®, Promite®, Marmite® (W) Nutella (M)(N) Butter (M) Cream cheese (M) Mayonnaise (M)(E) Creamy dressings (M) Malt vinegar (W) Milk based sauces (M) Peanut butter and other nut butters (N) Worcestershire sauce (F) Fish sauce (F)	<b>Foods to watch out for (READ LABEL);</b> Salad dressings & mayonnaise (M)(W)(E) Asian sauces (soy, hoisin) (W)(S)(F) All commercial sauces (tomato, BBQ, sweet chilli etc.) (W) Stock cubes & gravy mixes (W) Curry powder & pastes (W) Vanilla & flavouring essence (W) Margarine (M) Pizza sauce (F) Glucosamine (F)	Honey Jam/marmalade Nuttlex™ Molasses, Treacle Golden & Maple Syrup OzEmite® (Dick Smith) Our Mate™ Salsa Hommus (check label) Avocado Oils including Soy bean oil Vinegars Tahini Gluten free Vegemite® Massel Stock Cubes®

<b>Food Group</b>	<b>Foods to avoid</b>	<b>Foods to include</b>	
<b>Snacks</b>	<p>Nuts (N)</p> <p>Any food with gluten, wheat, milk, soy, nuts or fish/shellfish in the ingredients/allergy list: e.g.:</p> <ul style="list-style-type: none"> <li>Chocolate (M)</li> <li>Custard/ice-cream/ cheesecake (M)(E)</li> <li>Pavlova/meringue (E)</li> </ul> <p><b>Foods to watch out for (READ LABEL):</b></p> <ul style="list-style-type: none"> <li>Flavoured crisps and chips (W)(M)</li> <li>Lollies/sweets (W)</li> <li>Tinned and packet soups (W)(M)</li> <li>Icing mixture (W)(M)</li> <li>Vegan chocolate (N)</li> </ul>	Plain potato chips Plain corn chips Plain popcorn Rice crackers Corn thins Boiled sweets Sugars Jelly	
<b>Drinks</b>	<p>Beer (W)</p> <p>Milk or dairy based liquors (M)</p> <p>Eggnog (E)</p> <p><b>Foods to watch out for (READ LABEL):</b></p> <p>Cider (W)</p>	Water Mineral/soda/ tonic water Cordial Soft drink Black tea/coffee	Sports drinks Fruit/ Vegetable juice Red/white wine Spirits Champagne

## **Sample meal plan – 6 food elimination diet (avoids wheat, milk, soy, eggs, nuts, fish/shellfish)**

### **Breakfast**

- Rice or oat porridge or wheat free cereal with milk (rice/oat/coconut) and fruit
- Coconut yoghurt with fruit and seeds
- Bircher muesli (no nuts) with milk (rice/oat/coconut), apple juice, fruit and coconut yoghurt
- Smoothie with milk (rice/oat/coconut), banana, dates and cinnamon
- Gluten free toast with spreads (jam, avocado, tahini, honey)
- Baked beans with gluten free toast
- Gluten free sausages with cooked mushrooms, tomato, spinach and hash brown

### **Morning Tea/Afternoon Tea**

- |                                  |                                                           |
|----------------------------------|-----------------------------------------------------------|
| Corn chips with tomato salsa     | Plain salted popcorn                                      |
| Vege sticks with hommus          | Potato or sweet potato chips                              |
| Rice cakes with tahini and honey | Jerky                                                     |
| Fruit (fresh or dried) and seeds | Corn thins with avocado and tomato                        |
| Coconut ice-cream                | Rice, oat or coconut milk smoothie with berries and honey |
| Roasted chickpeas or fava beans  |                                                           |

### **Lunch/Dinner**

- Gluten free wrap or toasted sandwich with ham or roast meat and salad
- Salad with falafel and hommus
- Stir fry with beef, pork or chicken, vegetables, sweet chilli sauce and rice
- Roast chicken, beef or pork and vegetables
- Curry with meat and curry paste of choice, coconut milk, vegetables and rice
- Rissoles (beef, lamb, pork or chicken) with salad and oven baked chips
- 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 \_\_\_\_\_