



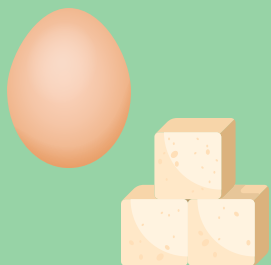
Stage 1

Wheat/Gluten & Dairy

First, remove the 2 most common allergens. ~50% of patients are allergic to wheat, dairy, or both.

Wheat: Exclude bread, pasta, cereals, and other wheat-based products. It may be easiest to look for "gluten-free" labels.

Milk: All dairy products including milk, cheese, yogurt, and butter are removed.



Stage 2

Eggs & Soy

An upper endoscopy is performed to see if the inflammation from EoE is under control. If it is, that means the allergen was wheat and/or dairy.

If inflammation is still present, then we remove an additional 2 potential allergens:

Eggs: All forms of eggs are eliminated.

Soy: Soybeans, soy milk, tofu, soy sauce, and other soy-based products are avoided.



Stage 3

Nuts & Seafood

An upper endoscopy is performed to see if the inflammation from EoE is under control. If it is, that means the allergen was some combination of wheat, dairy, eggs, and/or soy.

If inflammation is still present, then we remove an additional 2 potential allergens:

Nuts: This includes all tree nuts and peanuts.

Seafood: Both fish and shellfish are excluded.



Elimination Diet for EoE

Eosinophilic esophagitis (EoE) is a chronic condition where eosinophils, a type of white blood cell, build up in the esophagus, causing swallowing difficulties. This is in response to one or more food allergens. One treatment for EoE is to identify and remove the food allergen by process of elimination.