

The Five Food Elimination Diet (5FED) for Eosinophilic Esophagitis

What is eosinophilic esophagitis (EoE)?

Eosinophilic esophagitis or 'EoE' is a chronic inflammatory disorder of the esophagus where there is the presence of many special white blood cells, called 'eosinophils.' EoE is triggered by allergens in foods and likely also environmental allergens that are breathed in or swallowed. Long term treatment of EoE includes: 1] Diet modification or 2] Medications

In children we prefer diet modification rather than medications (unless diet modification fails)

Symptoms of EoE can include:

- Chest pain while eating
- Food impaction
- Reflux
- Trouble swallowing
- Nausea and vomiting
- Pain in abdomen

Why are the foods I eat important with EoE?

EoE is a different kind of allergic reaction compared to other food and environmental allergies, but can share the same triggers. Elimination diets aim to remove likely triggers from the diet to improve the medical condition. The goal then is to add back in safe foods to improve diet variety and taste. A dietitian can help counsel you on a diet treatment for EoE. This is to make sure you are still getting the nutrition you need as you cut out several foods from your diet.

What is the 5 Food Elimination Diet (5FED) ?

This diet is used to see if one or more of the most common food allergens is a trigger for your EoE symptoms. It works very well. It also may be cheaper, and easier to follow than other diet options for EoE. Some patients may eliminate nuts and shell fishes as well (which is called 6 food elimination diet). Below are steps to complete the diet:

1. Take the top 5 most common food allergens out of your diet for 8 weeks (milk products, eggs, wheat, soy and beef).
2. At 8 weeks into the diet, we will review symptoms. We also perform an EGD (Esophagogastroduodenoscopy) with biopsy to retest the esophagus for inflammation or narrowings.
3. These foods are then brought back into the diet, one at a time, for a 8 week trial each. You are evaluated again after each food is brought back into your diet by performing EGD.
4. Sometime this trail may extend for 12 weeks if inflammation is significant
5. Overall this process may go on for many months until causative food group is identified

These resources may be helpful:

www.foodallergy.org

www.apfed.org

Our approach to EoE management:

