

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

Food Group	Foods to avoid	Foods to include
Vegetables	Edamame (S) Foods to watch out for (READ LABEL): Frozen & canned vegetables (check for added thickeners and 'contain' statements) (W) Tabbouleh (W) Frozen or take-away chips (W) <i>watch out for beer battered and sharing of contaminated oil</i> Canned legumes - may contain wheat (W) Vegetable/potato salad (W)(M) Mashed potato (M)	All others
Fruit	Foods to watch out for (READ LABEL): Commercially thickened fruit products (W) Fruit mince (W) Fruit smoothies with milk, yoghurt, whey (M)	All others
Meat & Alternatives	Egg (e.g., whole, dried, powdered, solids, white, yolk) (E) Soy (S), Tofu (S), Tempeh (S) Soy milk/cheese/ yoghurt (S) Textured vegetable protein (S) All seafood (e.g., fish, crab, tuna, shrimp, prawns, oysters, mussels) (F) Foods to watch out for (READ LABEL): Crumbed meats (W) Canned legumes – may contain wheat (W) Processed meats (sausages/ hamburgers) (W)(E) Canned stew/soups (W) Vegetarian sausages (S) Surimi (E)(W)(S) Felafel (W)	Lamb Beef Chicken Duck Turkey Pork Legumes e.g., baked beans, kidney beans, four bean mix Seeds

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

Food Group	Foods to avoid		Foods to include	
Snacks	Nuts (N)	Foods to watch out for (READ LABEL):	Plain potato chips	
	Any food with gluten, wheat, milk, soy, nuts or fish/shellfish in the ingredients/allergy list: e.g.: Chocolate (M) Custard/ice-cream/cheesecake (M)(E) Pavlova/meringue (E)	Flavoured crisps and chips (W)(M) Lollies/sweets (W) Tinned and packet soups (W)(M) Icing mixture (W)(M) Vegan chocolate (N)	Plain corn chips Plain popcorn Rice crackers Corn thins Boiled sweets Sugars Jelly	
Drinks	Beer (W)		Water	Sports drinks
	Milk or dairy based liquors (M) Eggnog (E) Foods to watch out for (READ LABEL): Cider (W)		Mineral/soda/tonic water Cordial Soft drink Black tea/coffee	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 _____