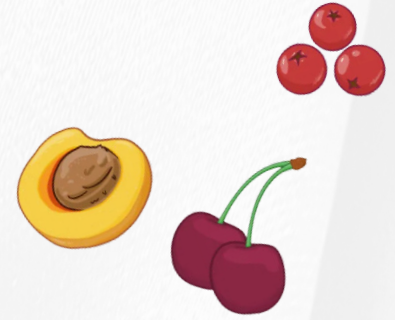




SIX-FOOD ELIMINATION DIET



WHAT IS THE SIX FOOD ELIMINATION DIET (SFED)?

SFED is a therapeutic dietary intervention designed to eliminate foods that may be causing adverse reactions and Inflammation in individuals with eosinophilic esophagitis. By eliminating these foods for a period of time, the body can heal and function is restored. Then as the foods are reintroduced you can determine which foods trigger the Inflammation.

SFED PLAN

- Elimination phase:
 - Top allergenic foods are removed for 6-8 weeks This includes:
 - Dairy
 - Eggs
 - Wheat
 - Soy
 - Peanuts and tree nuts
 - Fish and shellfish
- At 6 weeks
 - An upper endoscopy and biopsy Is performed
- Reintroduction phase
 - A new food group Is reintroduced every 2-4 weeks
 - Esophageal tissue sampling Is repeated during the food reintroduction period to determine which foods are triggering Inflammation

FOODS TO INCLUDE IN SFED PLAN

- All fruits
- All Vegetables
- Whole grains and whole grain flour
 - pay attention and avoid options with dairy, egg and soy content
- Beef, lamb, port, chicken, turkey
- Black, garbanzo, kidney, pinto and white beans
- Oils (avocado, canola, coconut, grapeseed, olive, safflower, sunflower)
- Seeds (chia, flax, pumpkin, sunflower)
- Coffee, tea, honey, herbs/spices, sugar, stevia, vinegars

FOODS TO AVOID

- Dairy - cow, goat, sheep milk products
- Eggs
- Wheat products
- Soy products
- Peanuts
- Tree Nuts
- Fish
- Shellfish