

## Four food elimination diet for eosinophilic oesophagitis in adults

This information is for people completing the four food elimination diet (4FED). 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 Four Food Elimination Diet (4FED) involves strict removal of the following for 6-8 weeks:

- Animal milk
- Wheat
- Egg
- Soy

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

- Avoid all animal milks (cow, goat, sheep etc.) and foods made from milk, such as cheese and yoghurt.
- Read the labels on foods and drinks to check for milk or milk products, including foods that 'may contain' milk.
- 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?

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

- Include milk alternatives with added calcium (almond, oat, rice or coconut).
- Include fish with edible bones (salmon, sardines), sesame seeds, green leafy vegetables (bok choy, broccoli, spinach), baked beans and legumes (no soy beans).

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

- Avoid any food made from wheat and foods that include wheat in the ingredients list.
- Check the label and avoid foods that 'may contain' wheat.

- Wheat contains a protein called gluten so if the product is *Gluten Free* it is also *Wheat Free*. However, you do not have to include only foods labelled as *Gluten Free*. There are other gluten containing cereals that can be included: 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
Wheat maltodextrin	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 (e.g. eggs from chicken, duck or quail).
- Read the labels on foods and drinks to check for egg and foods that 'may contain' egg – it is often used in baked and ready-made foods.
- Look out for hidden names (e.g. albumen, apovitellin, avidin, globulin, livetin, lysozyme).
- Most pre-packaged 'egg substitutes' contain egg. Some safe substitutes are:
  - 1 tsp baking powder, 1 tbsp water, 1 tbsp vinegar
  - ¼ cup of unsweetened applesauce
  - ¼ cup of mashed banana
  - 1 tbsp of flaxseeds in 3 tbsp water
  - 1 tsp yeast dissolved in ¼ cup warm water
- Removing egg from your diet means you can miss out on important nutrients including protein, omega-3 fatty acids and vitamin D and A. You can use flaxseed oil and fortified milk alternatives to replace these nutrients.
- Egg lecithin (3220) is a food additive used for its emulsifying properties. It is allowed.

## How do I remove soy from my diet?

- You need to avoid all forms of soy, including soy beans (edamame), soy sauce, tofu, soy milk and any product where soy is listed as an ingredient.
- As soy is added to foods you may not expect, you will need to read the food label to check for soy, including foods that 'may contain' 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).

The following tables will show you what foods you need to avoid and what foods you can include while on the 4FED, which avoids wheat (W), milk (M), eggs (E) and soy (S).

Food Group	FOODS TO AVOID	FOODS TO INCLUDE	
<b>Breads &amp; Cereals</b>	Wheat, including; spelt, kumat, couscous, durum, atta (W)	Oats	Oat porridge
	Wheatstarch (W)	Rye	Rye bread (no wheat)
	Semolina (W)	Barley	Gluten free muesli
	Triticale (W)	Rice	Gluten free corn
	Bran (W)	Corn/Maize	tortillas
	Regular bread and rolls, rye bread, pumpernickel bread, sourdough (W)	Polenta	Gluten free pasta and
	Regular biscuits, cakes, doughnuts, muffins (W)(M)(E)	Quinoa	lasagne
	Ice-cream cones or wafers (W)	Millet	Lentil flours
	Bread crumbs/breaded food (W)	Buckwheat	Almond meal
	<b>Foods to watch out for (READ LABEL):</b>	Sago/tapioca	Glutinous rice flour
	Corn and rice tortillas/wraps (W)	Rice porridge/	Potato starch/flour
	Vermicelli noodles (W)	noodles	Plain rice and corn
	Soba noodles (W)		cereals
	Rice cakes and crackers (W)(M)		Plain rice crackers
	Quinoa wraps (W)		Sorghum, teff,
			arrowroot, amaranth,
			gram
			Taco shells

Food Group	FOODS TO AVOID	FOODS TO INCLUDE
<b>Vegetables</b>	Edamame (S)  <b>Foods to watch out for (READ LABEL):</b> Frozen & canned vegetables (check for added thickeners and 'may contain' statements) (W) Tabbouleh (W) Frozen or take-away chips (W) (watch out for beer battered and sharing of contaminated oil) Canned legumes - may contain wheat (W) Vegetable/potato salad (W)(M) Mashed potato (M)	All others
<b>Fruit</b>	<b>Foods to watch out for (READ LABEL):</b> Commercially thickened fruit products (W) Fruit mince (W) Fruit smoothies with milk, yoghurt, whey (M)	All others
<b>Meat &amp; Alternatives</b>	Egg (e.g. whole, dried, powdered, solids, white, yolk, egg substitutes) (E) Soy (S), Tofu (S), Tempeh (S) Soy milk/cheese/ yoghurt (S) Textured vegetable protein (S)  <b>Foods to watch out for (READ LABEL):</b> Crumbed meats (W) Battered fish (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) Fish and shellfish  Nuts & seeds Nutmeat

Food Group	FOODS TO AVOID		FOODS TO INCLUDE
<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) <b>Milk/dairy terms;</b> Milk, Milk solids (M) Sodium caseinate (M) Lactoglobulin (M) Lactalbumin (M) Casein (M) Whey (M) Curds (M)	Almond milk and other nut milks e.g. cashew or macadamia milk Rice milk Coconut milk Oat milk Coconut yoghurt
<b>Spreads, sauces, dressings</b>	Vegemite®, Promite®, Marmite® (W) Nutella (M) Butter (M) Cream cheese (M) Mayonnaise (M)(E) Creamy dressings (M) Malt vinegar (W) Milk based sauces (M)	<b>Foods to watch out for (READ LABEL);</b> Salad dressings & mayonnaise (M)(W)(E) Asian sauces (soy, hoisin) (W)(S) All commercial sauces (tomato, BBQ, sweet chilli etc.) (W) Stock cubes & gravy mixes (W) Curry powder & pastes (W) Vanilla & flavouring essence (W) Margarine (M)	Honey Jam/ marmalade Peanut butter and other nut butters Nuttelex™ Olive oil Molasses, Treacle Golden & Maple Syrup OzEmite® (Dick Smith) Our Mate™ Salsa Soy bean oil Hummus Avocado Oils Vinegar Balsamic vinegar Tahini

Food Group	FOODS TO AVOID	FOODS TO INCLUDE
<b>Snacks</b>	<p>Any food with gluten, wheat, milk, soy or egg in ingredients/ allergy list:</p> <p>Chocolate (M)</p> <p>Custard/ ice-cream/ cheese cake (M)(E)</p> <p>Pavlova/meringue (E)</p> <p><b>Foods to watch out for (READ LABEL);</b></p> <p>Flavoured crisps and chips (W)(M)</p> <p>Lollies/sweets (W)</p> <p>Tinned and packet soups (W)(M)</p> <p>Icing mixture (W)(M)</p>	<p>Nuts</p> <p>Plain potato chips</p> <p>Plain corn chips</p> <p>Plain popcorn</p> <p>Rice crackers</p> <p>Corn thins</p> <p>Vegan chocolate</p> <p>Boiled sweets</p> <p>Sugars</p> <p>Jelly</p>
<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>	<p>Water</p> <p>Mineral/ soda/ tonic water</p> <p>Cordial</p> <p>Soft drink</p> <p>Black tea</p> <p>Black coffee</p> <p>Sports drinks</p> <p>Fruit &amp; Vegetable juice</p> <p>Red/White wine</p> <p>Spirits</p> <p>Champagne</p>

## Sample meal plan - 4 food elimination diet (avoids wheat, milk, soy, eggs)

BREAKFAST	
Oat porridge or wheat free cereal with milk (rice/oat/coconut/almond) and fruit	
Coconut yoghurt with fruit and nuts	
Bircher muesli with milk (rice/oat/almond), apple juice, fruit and coconut yoghurt	
Smoothie with milk (rice/oat/coconut/almond), banana, dates and cinnamon	
Gluten free toast with spreads (jam, avocado, peanut butter, tahini, honey)	
Baked beans with gluten free toast	
Gluten free sausages with cooked mushrooms, tomato, spinach and hash brown	
MORNING TEA/ AFTERNOON TEA	
Rice cakes with nut butter	Plain salted popcorn
Corn chips and salsa	Jerky
Fruit (fresh or dried) and nuts	Vegetable sticks with hummus
Coconut yoghurt	Plain potato or sweet potato chips
Roasted chickpeas or fava beans	Tin of tuna with avocado on rice crackers
LUNCH/ DINNER	
Gluten free wrap or toasted sandwich with ham or roast meat and salad	
Salad with falafel or tinned tuna/salmon	
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	
Grilled or battered fish (look for gluten free batter) 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:*** \_\_\_\_\_