

So many patients and only one RD!

Elimination Diet Class:  
Dairy, Wheat, Soy, and Egg (baked in ok)

Tara McCarthy, MS, RD, LDN

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## Disclosures

- ***Nothing to disclose***

*The opinions reflected in this presentation are those of the speaker and independent of Nutricia North America*



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# Eosinophilic Gastrointestinal Disease Program

Multidisciplinary clinic

3 Gastroenterologists

- 6 patients each = 18 patients

2 Allergists

- 9 patients each

1 Social worker

1 Dietitian

- 18 patients in a morning clinic????



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## Line outside my office



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The 4 Food Elimination Diet class was born!




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Eosinophilic Esophagitis (EoE)



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## Objectives

- Review the details of the elimination diet
- Identify the trials and tribulations of being on an elimination diet
- What should we worry about?
- What do we eat daily?
- Goal: Enjoy good food even if you have to avoid some foods.

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## Foods without Dairy, Wheat, Egg, soy

**SEEDS**

buckwheat   amaranth   brown rice

millet   sorghum   teff

black, red, and white quinoa

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## Food Allergy Labeling Consumer Protection Act



The Law covers **Milk, Eggs, Wheat, Fish, Shellfish, Peanuts, Tree nuts, and Soy**



Allergen must appear in plain English  
Contains: wheat, egg, soy, milk



In the ingredient list or in the contains statement



Allergens cannot hide



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## Can we have products with these statements?



- “Made in a facility that produces milk”
- “Manufactured on equipment that also produces egg”
- “Manufactured on shared equipment that may produce soy”
- “May contain traces of wheat”

2016 EJCN on allergy Advisory statement

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## What is in Dairy? Where is the dairy?

- Protein
- Vitamin D
- Calories
- Milk
- Butter
- Baked Goods
- Ice cream
- Yogurt
- Cheese
- Ghee



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## Milk Substitutes (unsweetened)

Drink	Calories per cup	Protein (gr)	Fat (gr)	Calcium (mg)	Added Sugar	Names
Pea Protein milk	90 cal	8	4.5	450	0	Ripple***
Flax <b>protein plus</b>	60 cal	8	3	310	0	Good Karma**
Rice Dream <b>ENRICHED</b>	120 cal	1	2.5	300	10	Rice Dream**
Oat	45-160 cal	2-4	2-9	240-350	4-7	Califia Planet oat Oatly
Hemp	60 cal	2-3	4	250	0	Pacific*
Almond	30 cal	1	2.5	450	0	Blue Diamond
Coconut	45 cal	<1	5	130	0	So Delicious
Quinoa \$\$	40 cal	<1	3	300	4	Suzies

Look at price, availability, taste and need.

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## Milk Substitutes (sweetened)

Drink	Calories/cup Grams sugar unsweetened	Original	Vanilla	Chocolate	Names
Pea Protein milk	90 cal 0grams	90 cal 5 g	120cal 12 g	140 cal 15 g	Ripple***
Flax milk <b>Protein plus</b>	60 cal 0 grams	N/A	60cal 0 grams	N/A	Good Karma**
Rice Dream <b>ENRICHED</b>	120 cal 0 grams	120 cal 10 grams	130 cal 12 gr	N/A	Rice Dream**
Oat	45 cal 0 grams	90-120 4 grams	90 cal 4 grams	140 cal 11 grams	Planet Oat** Oatly
Hemp	60 cal	140 cal 12 g	170 cal 15 g		Pacific*
Almond	30 cal	60 cal 7 grams	80cal 7 grams	100 19 grams	Blue Diamond
Coconut	45 cal	70 cal 7 grams	80 cal 7 grams		So Delicious

Look at price, availability, taste and need.

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## What do we need in a plant based beverage?

- Calories
- Calcium
- Something to add to mashed potatoes
- Something for cereal

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## Other Substitutes

- Butter
  - Earths Balance (soy free)
  - Smart Balance
- Cheese
  - Daiya
  - The Good Planet
- Ice Cream
  - Sorbet
  - Plant based ice creams



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## Non Dairy Ice creams: Check for egg, soy and wheat!



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## What is in Wheat? Where is Wheat?

- B vitamins
- Fiber
- Calories
- Bread
- Pasta
- Cookies
- Crackers
- Snacks
- Cereals



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## Wheat Free...NOT GLUTEN

- Gluten free is different than wheat free
- But its good to look for GF items as a start and then check for Dairy, and eggs



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## Substitutes

- GF Bread
  - Schar Artisan Baker white bread
- GF pasta
- Cereals: Rice Chex, Cheerios, Kix
- Grains: Potato, Rice, Corn, Quinoa, Millet
- Frozen waffles
  - Natures Path Chia plus
  - Vans ancient grains GF waffles



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## What is in soy? Where is soy?

- Protein
- Fiber
- Edamame
- Soy flour
- Tofu
- Soy sauce
- Dairy Free items, may contain soy



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If a product says Contains Soy:  
Check the ingredients!

Soybean oil and soy lecithin are  
ok!



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## Nature's Path Waffles



### Ingredients

Water, Brown Rice Flour (Organic), Potato Starch (Organic), Tapioca Starch (Organic), Cane Sugar (Organic), Soy Oil (Organic), Yellow Corn Flour (Organic), Buckwheat Flour (Organic), Blueberry Pieces (Organic) [Fruit (Apple Juice (Organic), Blueberry Puree (Organic), Apple Puree (Organic), Cane Sugar (Organic), Rice Flour (Organic), Cocoa Butter (Organic), Pectin, Natural Flavor, Citric Acid], Soy Lecithin (Organic), Potato Flour (Organic), Leavening Agent (Sodium Acid Pyrophosphate, Sodium Bicarbonate And Monocalcium Phosphate), Natural Blueberry Flavor, Sea Salt.

### Warnings

Contains soy.



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## Soy Substitutes and Soy-Free Products



- \* Green peas, fava beans or lima beans
- \* Coconut Aminos
- \* Sunflower Seed Butter, pumpkin seed butter
- \* Oat, Rice or Quinoa Milk



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## What is in eggs? Where are eggs?

- Protein
- Calories
- B vitamins
- Baked goods
- Breads
- Egg
- Mayonnaise
- Eggnog
- Meringue
- Ice Cream



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## Egg Substitutes and Egg-Free Products

### \* Egg Substitutes:

- 1 Tbsp. ground flaxseeds blended with ¼ cup hot water
- 1 tsp. baking powder + 1 Tbsp. water + 1 Tbsp. vinegar
- **Products:** *ENER-G Egg Replacer*, *The Neat Egg*

### \* Egg-Free Products:



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## Baked Egg in processed products

- The product is safe if after the third ingredient
- Can contain egg just depends on where it falls in the ingredient list

## Baked Egg in homemade products

- Need to be cooked for 25 minutes
  - Cake, muffins
- No pancakes, waffles or cookies

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## Pizza....focus on toppings



Ingredients - **Water, tapioca starch, brown rice flour, canola oil\***, **egg whites**, **cane syrup, tapioca syrup**, tapioca maltodextrin, salt, xanthan gum yeast, cultured corn syrup solids, corn syrup solids, citric acid (mold inhibitor), enzymes.

6th ingredient so this is safe



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## Eggs



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It's all how you look at it



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## My Go To Shopping List...

- Enjoy Life chocolate Chips
- Smart Balance or Earths Balance
- Chickpeas
- Oatmeal
- Avocado
- Corn chips
- Potatoes
- Rice
- Natures Path Chia Waffles
- Milk Alternative Beverage
- Dairy, egg, soy , wheat Free ice cream
- Sweet Lorens cookies
- Chex, cheerios



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## Breakfast

- **Oatmeal**
- Hot quinoa cereal
- Fruit and granola with coconut yogurt
- Homemade pancakes/ waffles (freeze a bunch)
- Cream of rice cereal
- **Hash browns**
- Cereal dry or with alternative milk

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## Lunch

- Equation: Carbohydrate, protein and veggie and fruit
- Leftovers
- Rice bowl with protein
- Rolled up deli meat with chips and carrots
- Corn chips, hummus, cucumbers, apple
- Smoothie: coconut yogurt, plant-based milk, frozen fruit
- Rice cake with seed/nut butter and jelly

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## Dinner

- Meat/Protein, carbohydrate and vegetable
- Carb: potato, rice, corn, quinoa
- GF pasta with tomato sauce and salad
- Taco dinner with corn tortillas (no cheese and sour cream)
- Chicken rice soup



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## Products

- Ripple, Oatley, Good Karma Flax milk
- Bars: 88 acres
- Snyder's GF pretzels
- Enjoy Life chocolate chips
- Sweet Lorens cookies



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## Multivitamins/ Calcium

- Chewable:
  - Rainbow Light
- Powder
  - Nano VM
- Calcium:
  - Alive Calcium
  - Rainbow Light Calcium Citrate berry
  - -calcium Citrate mini tabs
  - Tums smoothies (NOT CHEWIES)



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## Free of the top 8

- Enjoy Life foods
- 88 acres
- Made Good



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## Websites

- <https://daiyafoods.com>
- [www.earthbalancenatural.com](http://www.earthbalancenatural.com)
- [www.enjoylifefoods.com](http://www.enjoylifefoods.com)
- [www.ripplefoods.com](http://www.ripplefoods.com)
- [www.solacenuitrition.com](http://www.solacenuitrition.com)
- [www.loveandlemons.com](http://www.loveandlemons.com)

