So many patients and only one RD!

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

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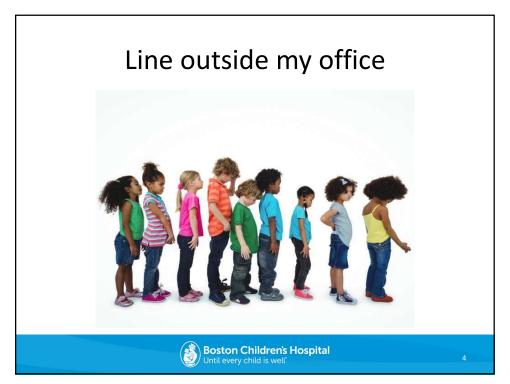
Disclosures

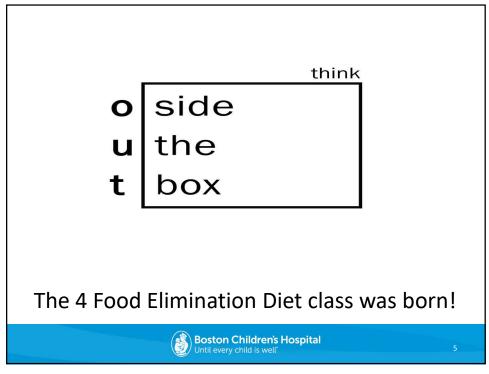
Nothing to disclose

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



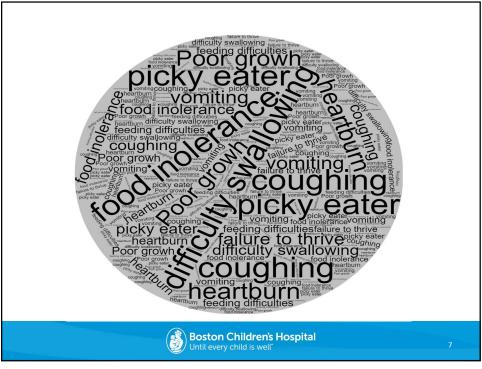






Eosinophilic Esophagitis (EoE)

Boston Children's Hospital
Until every child is well



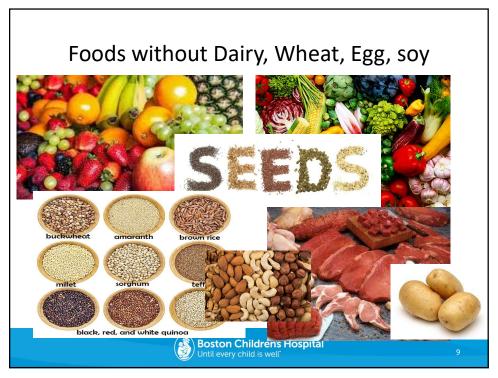
Objectives

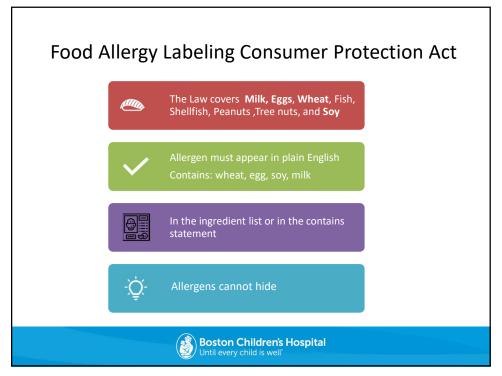
- Review the details of the elimination diet
- Identify the trials and tribulations of being on an elimination diet
- What should we worry about?
- What do we eat daily?
- Goal: Enjoy good food even if you have to avoid some foods.



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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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Drink	Calories	Protein	Fat (gr)	Calcium	Added	Names
J.IIIK	per cup	(gr)	100 (81)	(mg)	Sugar	rumes
Pea Protein milk	90 cal	8	4.5	450	0	Ripple***
Flax protein plus	60 cal	8	3	310	0	Good Karma**
Rice Dream ENRICHED	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 Deliciou
Quinoa \$\$	40 cal	<1	3	300	4	Suzies

Milk Substitutes (sweetened)							
Drink	Calories/cup Grams sugar unsweetened	Original	Vanilla	Chocolate	Names		
Pea Protein milk	90 cal Ograms	90 cal 5 g	120cal 12 g	140 cal 15 g	Ripple***		
Flax milk Protein plus	60 cal 0 grams	N/A	60cal 0 grams	N/A	Good Karma**		
Rice Dream ENRICHED	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		



What do we need in a plant based beverage?

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



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



MOZZARELLA



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Non Dairy Ice creams: Check for egg, soy and wheat! Boston Children's Hospital Until every child is well 18

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



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



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.

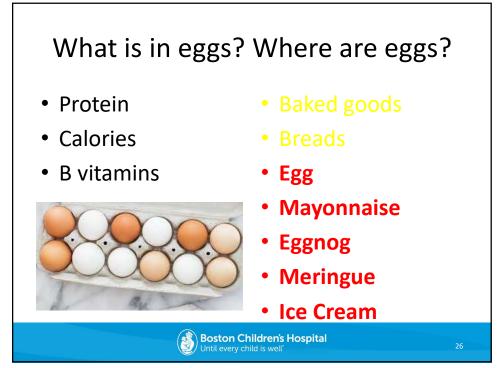
Warnings

Contains soy.



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Baked Egg in processed products

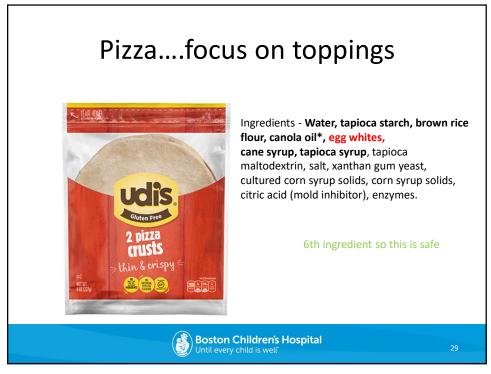
- The product is safe if after the third ingredient
- Can contain egg just depends on where it falls in the ingredient list

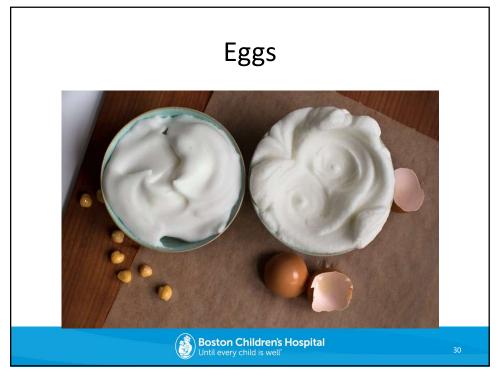
Baked Egg in homemade products

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



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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



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
- Snyders 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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Websites

- https://daiyafoods.com
- www.earthbalancenatural.com
- www.enjoylifefoods.com
- www.ripplefoods.com
- www.solacenutrition.com
- www.loveandlemons.com



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