


Ins & Outs of Food Trials *for* Eosinophilic Esophagitis

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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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Food Trial Goals

Post-Empiric Elimination

- Reintroduce foods to identify trigger



Post-Elemental

- Reintroduce foods to rebuild and identify safe diet



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Preparing for Food Trials

- Planning begins *prior to* diet elimination
- Our approach to an elimination diet could influence food trial progress later...

For example, following a “passed” food challenge, 25% of children DO NOT eat the food when returning home (van der Valk, Eur J Pediatr. 2015)

Reason for failed introduction?

- 40% of the time > child’s refusal of the food (Amaral et al. Eur J Pediatr. 2015)

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Preparing for Food Trials

During the Elemental Diet

- Offer textures
 - Occasional safe candies
 - “Chips” using semi-solid amino acid-based medical food
 - Formula-based ice cream and popsicles
- Maintain family mealtime and meal/snack schedule



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Preparing for Food Trials

During Empiric Elimination:

- Use allergen-free foods that mimic texture of allergens in order to promote acceptance when reintroduced

COW MILK > hemp milk, pea protein cheese, coconut milk yogurt

WHEAT > GF baked goods, rice pasta

NUTS > Seeds and seed butter



GF = gluten free



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Food Trials

- How long is the trial?
- When will I have an endoscopy?
- Which food should I try first?
- How much should I eat?
- How frequently?



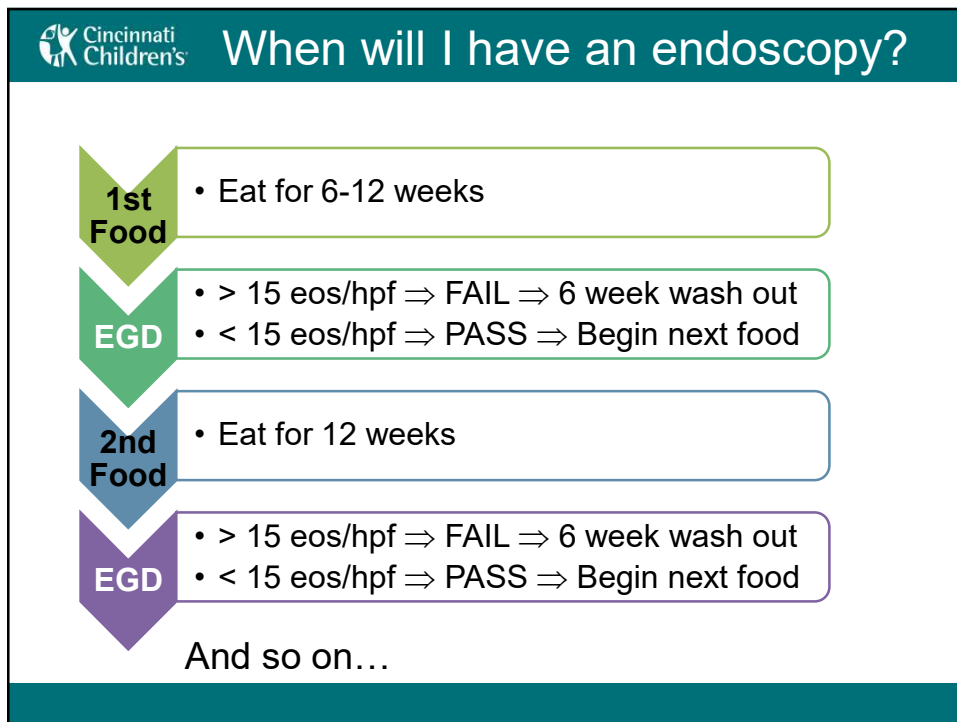
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How long is the trial?

- Try each food allergen separately, with endoscopy between each introduction
- Duration of trials
 - 6-12 weeks per allergen:
 - COW MILK, EGG, WHEAT, NUTS, SEAFOOD



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Cincinnati Children's Food Trial Sequence

- WHAT SHOULD I TRIAL FIRST?
- Depends on:
 - Patient history
 - Previous allergies
 - Nutritional needs
 - Lifestyle factors
 - And physician/dietitian recommendation
 - *WHAT WILL THE CHILD EAT?*

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How much should I eat?

- Consume at least 2 tablespoons or an age-appropriate serving size of trialed food

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How frequently?

- At least 5 days per week, if not daily

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Post-Elemental Food Trials

Single-ingredient food  “Apple, not apple pie”

DURATION

- 3-month food trial
- Up to 4 new foods per trial
 - Exception: Major allergens (top 6) trialed alone

FREQUENCY

- Each food must be consumed 5-7 days/week

VOLUME

- One age-appropriate serving size daily
- Example: Fruits = ½ cup daily for a school-aged child
- Special considerations for spices, flavorings, additives, etc.

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Choosing Food(s) to Trial:

- Nutritional value
 - Macronutrients: PROTEIN
 - Micronutrients: CALCIUM, VITAMIN D, B VITAMINS, TRACE MINERALS
- Versatility of food
 - Diverse culinary applications
 - Texture variability for SLP/OT, feeding therapy
 - Diminish boredom associated with frequent intake

SLP = Speech-language pathologist; OT = Occupational therapist

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Versatile Food: CORN

- ✓ Canned or frozen corn kernels
- ✓ Corn on the cob
- ✓ Popcorn, kettle corn
- ✓ Breakfast cereals:
 - ✓ puffed corn
 - ✓ Oven toasted corn
- ✓ Corn pasta
- ✓ Corn chips
- ✓ Grits or polenta
- ✓ Corn meal, corn flour, and cornstarch



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Versatile Food: RICE

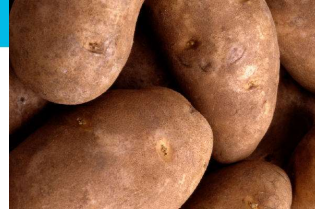
- ✓ Cooked rice
- ✓ Infant rice cereal
- ✓ Breakfast cereals:
 - ✓ Puffed rice
 - ✓ Oven toasted rice
- ✓ Rice pasta & noodles
- ✓ Rice cakes
- ✓ Rice flour, rice starch used for baking
- ✓ Rice "snap" crackers
- ✓ Rice vinegar



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Versatile Food: POTATO

- ✓ Baked or mashed potato
- ✓ Original potato chips
- ✓ Instant mashed potato flakes
- ✓ Potato flour or starch
- ✓ Fries, hash browns



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Versatile Food: COCONUT

- ✓ Coconut oil/butter
- ✓ Coconut yogurt
- ✓ Coconut milk or water
- ✓ Coconut flakes, flour, chips
- ✓ Coconut aminos (soy sauce substitute)

Added benefit: high calorie, high potassium



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Versatile Food: GARBANZO BEANS

- ✓ Homemade hummus
- ✓ Roasted for a crunchy snack
- ✓ Cooked beans or soup
- ✓ Egg replacer
- ✓ Garbanzo flour
- ✓ Aquafaba “whipped cream” and meringue



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Versatility of Common Foods

Fruits and Vegetables

- Purees
 - Oil/butter substitute: baking
- “Chips” and “Fries”
- Freeze dried
- Shaved into noodles to mimic pasta



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Versatility of Common Foods

Animal Meats

- Homemade jerky
- Ground, baked, fried, deli slices, broth
- Gelatin
- Lard for baking

Grains (rice, oat)

- Flours
- Calcium/Vit. D enriched beverages

Legumes: Garbanzo beans, black beans, etc.

- Bean dips
- Roasted: crunchy snack
- Refried beans (vegetarian)
- Flours

