Stepwise Approach to Reintroduction of Foods in Patients with EoE Treated with Six-Food Elimination Diet (SFED)

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- If remission* achieved after eliminating six foods (cow's milk, wheat, egg, soy, peanuts/tree nuts and all seafood) then soy reintroduced in the diet. Upper endoscopy (EGD) repeated in 6 weeks.
- If histological remission on esophageal biopsies: soy is kept in the diet and egg reintroduced. However if histological relapse** then soy eliminated and egg reintroduced followed by repeat EGD with esophageal biopsies in 6 weeks.
- Histological remission on esophageal biopsies after egg then in addition to egg wheat added to the diet. However if relapse with egg then egg replaced with wheat and EGD with esophageal biopsies in 6 weeks.
- If histological remission after challenge with wheat then cow's milk added to diet. However if relapse after wheat then wheat replaced with cow's milk.
- Histological remission after cow’s milk challenge is followed by reintroduction of peanut/tree nuts to the diet. In case of relapse cow’s milk is replaced with peanut/tree nuts followed by EGD with esophageal biopsies in 6 weeks.
- If histological remission is maintained after introduction of peanut/tree nuts then seafood is added to the diet. In case of relapse peanut/tree nuts are replaced with seafood and EGD with esophageal biopsies repeated in 6 weeks.
- At the end of this reintroduction process patient has demonstrated relapse with one or more foods and this/these foods alone are excluded from the diet.
- One year later the patient is re-challenged with the excluded food(s) to assess if tolerance to the food has developed. If not, then the process is repeated yearly with the identified foods.

* Remission = esophageal eosinophil count <15/hpf  
** Relapse = esophageal eosinophil count >15/hpf