

EoE Food Checklist: Avoiding Food Triggers

Does your child need to be on a food elimination diet? Or have you learned that they need to avoid certain foods? If yes, it's important that you know the ingredients in foods before your child consumes them.

Here is a checklist of familiar and unfamiliar names of ingredients and foods that may trigger eosinophilic esophagitis (EoE) symptoms. The information is from the FARE (Food Allergy Research & Education) website, www.foodallergy.org.

Milk

Contains or may contain milk

- Butter, butterfat, butter oil, butter acid, butter ester(s)
- Buttermilk
- Casein
- Casein hydrolysate
- Caseinates (in all forms)
- Cheese
- Cottage cheese
- Cream
- Curds
- Custard
- Ghee
- Half-and-half
- Lactalbumin, lactalbumin phosphate
- Lactic acid starter culture
- Lactoferrin
- Lactoglobulin
- Lactose
- Lactulose
- Milk (in all forms, including condensed, derivative, dry, evaporated, goat's milk and milk from other animals, low-fat, malted, milk fat, nonfat, powder, protein, skimmed, solids, whole)
- Milk protein hydrolysate
- Pudding
- Recaldent
- Rennet casein
- Simplesse
- Sour cream, sour cream solids
- Sour milk solids
- Tagatose
- Whey (in all forms)

- Whey protein hydrolysate
- Yogurt

Sometimes found in

- Artificial butter flavor
- Baked goods and desserts
- Breakfast foods like cereals, pancakes, and waffles
- Caramel candies
- Chocolate
- Lactic acid starter culture and other bacterial cultures
- Luncheon meat, hot dogs, and sausages
- Margarine
- Nisin
- Nondairy products, as many contain casein
- Nougat

Eggs

Contains or may contain eggs

- Albumin (also spelled albumen)
- Egg (dried, powdered, solids, white, yolk; from chickens, ducks, turkeys, geese, quail)
- Egnog
- Globulin
- Livetin
- Lysozyme
- Mayonnaise
- Meringue (meringue powder)
- Surimi
- Vitellin
- Words starting with "ovo" or "ova" (such as ovalbumin)

Sometimes found in

- Baked goods
- Breaded items
- Drink foam (alcohol, specialty coffee)
- Egg substitutes
- Fried rice
- Ice cream
- Lecithin
- Marshmallows
- Marzipan
- Meatloaf or meatballs
- Nougat
- Pasta

Wheat

May contain wheat

- Bread crumbs
- Bulgur
- Cereal extract
- Club wheat
- Couscous
- Cracker meal
- Durum
- Einkorn
- Emmer
- Farina
- Farro
- Flour (all purpose, bread, cake, durum, enriched, graham, high gluten, high protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat)
- Freekeh
- Hydrolyzed wheat protein
- Kamut
- Matzoh, matzoh meal (also spelled as matzo, matzah, or matza)

- Pasta
- Seitan
- Semolina
- Spelt
- Sprouted wheat
- Triticale
- Vital wheat gluten
- Wheat (bran, durum, germ, gluten, grass, malt, sprouts, starch)
- Wheat bran hydrolysate
- Wheat germ oil
- Wheat grass
- Wheat protein isolate
- Whole wheat berries

Sometimes found in

- Glucose syrup
- Oats
- Soy sauce
- Starch (gelatinized starch, modified food starch, modified starch, vegetable starch)
- Surimi

Soy

Contains or may contain soy

- Edamame
- Miso
- Natto
- Shoyu
- Soy (soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt)
- Soy protein (concentrate, hydrolyzed, isolate)
- Soy sauce
- Soya

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- Soybean (curd, granules)
- Tamari
- Tempeh
- Textured vegetable protein
- Tofu

Sometimes found in

- Asian cuisine
- Vegetable broth
- Vegetable gum
- Vegetable starch

Fish

Contains or may contain fish

- Barbecue sauce
- Bouillabaisse
- Caesar salad
- Caviar
- Deep-fried items
- Fish flavoring
- Fish flour
- Fish fume
- Fish gelatin (kosher gelatin, marine gelatin)
- Fish oil
- Fish sauce
- Fish stock
- Fishmeal
- Imitation fish or shellfish
- Isinglass lutfisk maw, maws (fish maw)
- Nuoc mam (Vietnamese name for fish sauce; be aware of other ethnic names)
- Pizza (anchovy topping)

- Roe
- Salad dressing
- Seafood flavoring
- Shark cartilage
- Shark fin
- Surimi
- Sushi, sashimi
- Worcestershire sauce

Peanuts

Contains peanuts or may contain peanuts

- Artificial nuts
- Beer nuts
- Cold pressed, expeller pressed, or extruded peanut oil
- Goobers
- Ground nuts
- Mixed nuts
- Monkey nuts
- Nut pieces
- Nut meat
- Peanut butter
- Peanut flour
- Peanut protein hydrolysate

Sometimes found in

- African, Asian (especially Chinese, Indian, Indonesian, Thai, and Vietnamese), and Mexican dishes
- Baked goods (such as pastries and cookies)
- Candy (including chocolate candy)
- Chili
- Egg rolls

- Enchilada sauce
- Marzipan
- Mole sauce
- Nougat

Tree Nuts

Contains or may contain tree nuts

- Almond
- Artificial nuts
- Beechnut
- Brazil nut
- Butternut
- Cashew
- Chestnut
- Chinquapin nut
- Filbert/hazelnut
- Gianduja (a chocolate nut mixture)
- Ginkgo nut
- Hickory nut
- Litchi/lichee/lychee nut
- Macadamia nut
- Marzipan/almond paste
- Nangai nut
- Natural nut extract (such as almond and walnut)
- Nut butters (such as cashew butter)
- Nut meal
- Nut meat
- Nut paste (such as almond paste)
- Nut pieces
- Pecan
- Pesto

- Pili nut
- Pine nut (also referred to as Indian, pignoli, pigñolia, pignon, piñon, and pinyon nut)
- Pistachio
- Praline
- Shea nut
- Walnut

Sometimes found in

- Black walnut hull extract (flavoring)
- Natural nut extract
- Nut distillates/alcoholic extracts
- Nut oils (such as walnut oil and almond oil)
- Walnut hull extract (flavoring)

If you're not sure whether a food contains an allergen, it is best to avoid it.



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