

4-food elimination diet induces EoE remission in children

July 7 2017



(HealthDay)—For children with eosinophilic esophagitis (EoE), eight

weeks of a four-food elimination diet can induce remission, according to a study published online June 8 in *Clinical Gastroenterology and Hepatology*.

Amir F. Kagalwalla, M.B.B.S., from the Northwestern University Feinberg School of Medicine in Chicago, and colleagues conducted a prospective observational outcome study of 78 children with EoE treated with dietary exclusion of cow's milk, wheat, egg, and soy. After eight weeks of dietary exclusion, clinical, endoscopic, and histologic assessments were conducted. Responders had single foods reintroduced for eight weeks.

The researchers found that 50 subjects (64 percent) were in histologic remission after eight weeks on the four-[food](#) elimination [diet](#). The subjects' mean baseline clinical symptom score was 4.5 at baseline and decreased to 2.3 after eight weeks (P

"While less restrictive than six-food elimination diet, four-food elimination diet was nearly as effective, and can be recommended as a treatment for children with EoE," the authors write.

More information: [Abstract](#)
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Citation: 4-food elimination diet induces EoE remission in children (2017, July 7) retrieved 3 May 2024 from <https://medicalxpress.com/news/2017-07-food-diet-eoe-remission-children.html>

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