THE EFFECT OF THE 6-FOOD ELIMINATION DIET FOR THE TREATMENT OF EOSINOPHILIC ESOPHAGITIS ON URINE AND BLOOD PLASMA METABOLOMIC PROFILE IN HEATHY VOLUNTEERS

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A prospective study of 15 healthy volunteers found that a 4-week 6-food elimination diet (eliminating eggs, dairy, seafood, nuts, wheat, and soy) produced only minor metabolomic changes and no significant impact on anthropometric measures or quality of life.

KEY POINTS

- Blood plasma showed significant increases in acetate, succinate, creatine, and creatinine after 4 weeks, while urine showed decreased dimethylamine; essential amino acid levels remained unchanged.
- No relevant differences were observed in anthropometric parameters including BMI, fat mass, or muscle mass.
- Quality of life questionnaires (WHOQOL-BREF, PROMIS-10, PHQ-15) showed no significant changes during the 4-week dietary restriction period.
- The 6-food elimination diet is used to treat eosinophilic esophagitis, particularly in patients who cannot tolerate corticosteroids, though the disease cause remains unknown.
- This material would be most relevant to gastroenterologists managing eosinophilic esophagitis and dietitians counseling patients on elimination diets.

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