

Eosinophilic Esophagitis (EoE) Symptom and Eating Behavior Checklist

FOR ADULTS

Do you have these symptoms or use these strategies?



- Avoid eating certain foods such as chicken, steak, rice, or crusty bread?
- Avoid social settings that involve food?
- Feel like food is getting stuck when swallowing?
- Have chest pain?
- Have frequent heartburn?
- Need to cut food into small pieces?
- Need to take a drink after every bite of food?
- Need to chew a lot when eating?
- Substitute blended or pureed food for solid foods?
- Take more time to eat than other people?

FOR CHILDREN

Does your child have these symptoms or use these strategies?



- Complain of abdominal pain?
- Eat slowly compared with other children?
- Experience nausea and vomiting?
- Frequently leave the table while eating?
- Have difficulties with the consistency of certain foods, such as meat or bread?
- Have heartburn?
- Have recurrent coughing?
- Need to be reminded to chew more?
- Prefer liquids or blended foods compared with solid foods?
- Seem to be a picky eater?