

Your Checklist for going out to eat with EoE

Use this checklist to help you feel prepared to make safe and confident choices whether you're eating at a restaurant, a friend's house, or a work event. Remember, with the right strategies, eating out in social settings can be something to look forward to, not stress over.

Before you go



Make your decision.

Consider the setting and menu of the restaurant or event before making plans. Decide what feels safe and comfortable for you – this might mean choosing to just join for the social aspect, enjoy a drink or appetizer, or eat a safe meal beforehand. If you're comfortable, you may also suggest a different restaurant or politely decline the invitation if accommodations aren't possible.



Plan ahead.

If needed, eat a safe meal before the event or pack a backup snack in case there are limited options.



Communicate your needs early.

If you're eating at a restaurant, check the menu online or call the restaurant to see if there are allergy-friendly options or customizable dishes. If you're getting together with friends, let the host know about your dietary needs in advance.



Bring any medications you might need.

If you're using a treatment regularly, take it with you. If you have an anaphylactic allergy, make sure to bring your epipen.



Bring your own water bottle.

Having water at the ready can help you manage symptoms that may come up during your dining experience.

During the meal



Let people know about your needs when you arrive.

If you feel comfortable sharing more about your EoE, use clear, direct language. You don't have to explain everything, just what matters for your safety. **Try:**

"I have a medical condition that requires me to avoid certain foods. Can you help me confirm the ingredients of this dish?"

If you don't feel comfortable discussing your EoE, let people know you have food allergies and ate before, or just focus on enjoying the company rather than the food.



Avoid high-risk foods.

Skip dishes with unknown ingredients, shared dips, or food prone to cross-contact.



Ask about cross-contact.

Even if a dish sounds safe, preparation methods can matter. Ask if separate utensils, pans, or prep surfaces are used.



Keep your safe food close.

If you brought a backup option, don't hesitate to use it. You're allowed to do what works for you.

After the meal



Pay attention to how you feel.

If you notice symptoms later, jot down what you ate and when. It can help your care team understand potential triggers.



Share feedback with your provider.

If dining out felt easier (or more difficult) than expected, talk to your health care provider or dietitian. These experiences help shape your care plan.



Talk with your health care provider to figure out what foods (if any) you should avoid and how closely you need to stick to those guidelines. Understanding your personal limits can help reduce stress and make it easier to enjoy food-related events. If you're treating your EoE with medication rather than dietary therapy, you may not need to follow any food restrictions.