



Metabolic Code®

DIET&NUTRITION

LOOK GOOD, FEEL BETTER

Food Eliminations Guide



Welcome to your Metabolic Code Guide to -Food Eliminations-

Wheat/Gluten, Dairy, Eggs, Soy, Peanuts, and Corn:
Where are they found? Make sure you aren't eating them.

Phase 1 of the Metabolic Code Diet is essentially what is known as an elimination diet, a diet that has removed food allergens like wheat, cow's milk, eggs, soy, corn, and peanuts. This step is critical because it can mean all the difference for weight loss in many people. When doing an elimination diet it's important to eliminate all the main allergens at the same time. If you eliminate only 1 at a time and other allergens are still in the diet and are reactive foods for you, you will not get a clear result on the one food you removed. This is the standard and effective way to do an elimination diet.

In addition, it can be key in helping to manage many chronic health problems or conditions. Don't know why you are so tired all the time? Food sensitivities might be involved. Irritable bowel symptoms, undetermined-cause headaches, moodiness, hives, eczema and other skin rashes, and even heartburn can be caused by immune reactions to foods.

These guidelines can also be used by people who have had food allergy or sensitivity testing and need to eliminate any or all of these common allergens.

There are two primary types of immunoglobulins that can be at the root of food reactions, IgE and IgG. These are the ones that are tested with labs. Other immunoglobulins are IgA and IgM. Doing an elimination diet can't tell you which reaction you are getting. While allergy testing can tell you IgE or IgG, there are not tests developed for every type of immunoglobulin, so this is sometimes where an elimination diet has a lot of value. While you won't know exactly which or if a food

immune reaction is even occurring for sure, a food elimination and reintroduction process can at least tell if any obvious and noticeable problems occur when you eat certain foods. When the immune cells are reacting, they also produce inflammatory substances, so that's why the foods can cause problems with weight management, pain, and other problems.

Therefore, the Metabolic Code Diet is also appropriate as a diet to help determine if food sensitivities or allergies could be affecting you and your health and well-being. The first step to determining this is to do a good job of eliminating the common food allergens and any food that might contain them. This guide provides the details to help you make sure you are!





Wheat and Gluten

Gluten is the protein found in the following grains: wheat, rye, barley, malt, spelt, kamut, and triticale. Oats do not contain gluten, but can be cross contaminated with other grains during processing, so this is why oats are often eliminated on a gluten free diet for people with Celiac Disease, who have extreme sensitivity to minute amounts of gluten.

Oats and other grains are eliminated for the first phase of the Metabolic Code Diet because their higher starch content (higher glycemic load) can impair weight loss.

Wheat has the most gluten of any grain, especially modern varieties. Rye and barley are next highest. So products made with wheat and other grains or the flours made from them are the most common sources of gluten. There are specified gluten free products made with gluten free grains, such as corn, rice, millet, quinoa, amaranth, buckwheat, etc., but we avoid these in Phase 1 due to their high carbohydrate load.

Wheat/Gluten Foods to AVOID during Phase I of the Metabolic Code® Diet

Foods that Usually Contain Wheat/Gluten:

Breads, baked goods, cereals, crackers, pasta, pita, rolls, wraps, pizza crust, breading, breaded proteins (chicken nuggets) pretzels, cookies, grain-based granola bars, some chips, noodles, and some candy can contain gluten due to starches that are used in making it.

Wheat flours listed on ingredient labels also need to be avoided. These include: **wheat flour, whole wheat flour, enriched flour, white flour, high gluten flour, all baking flours (all purpose, self-rising, cake, pastry, bread), durum flour, semolina, graham flour, and stone ground wheat flour.**

Other **wheat ingredients** include: **wheat germ, wheat bran, cracked wheat, crushed wheat, rolled wheat, bulgur, and farina.**

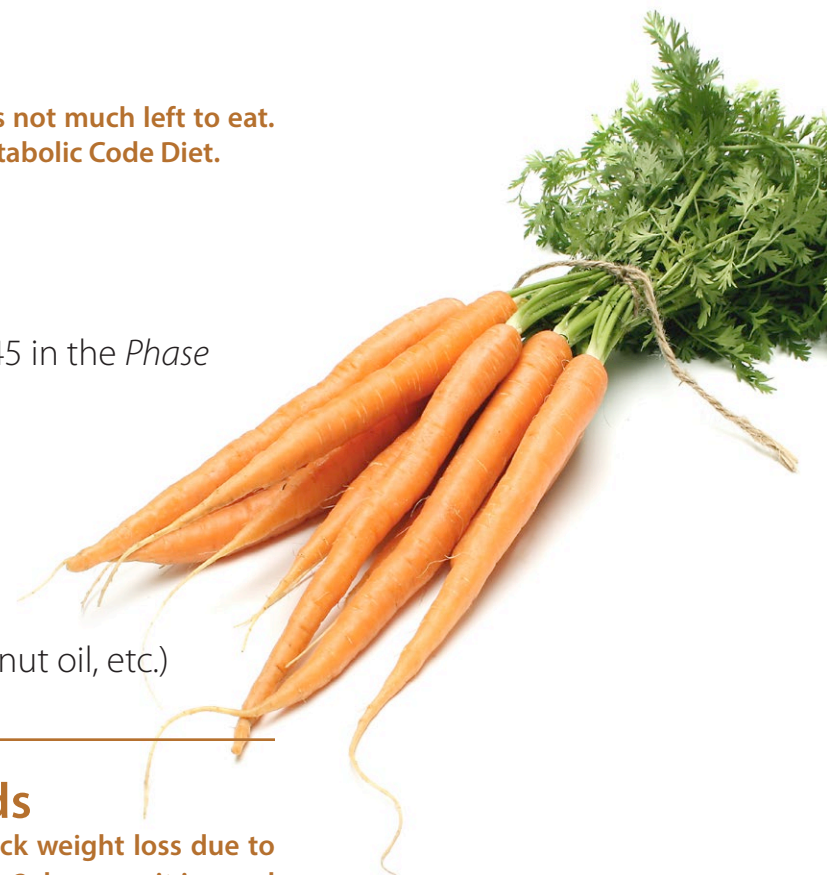
Other, "Hidden" Sources of Gluten:

- **Beer**- made from barley. (Wine and distilled liquor are gluten free.)
- **Soy sauce, Teriyaki sauce**– made from fermented soy and wheat
- **Malt**- found as a sweetener in some cereals, malt vinegar, found in certain BBQ sauces. (Made from barley and therefore contains gluten.)
- Some **imitation crab meat** and **bacon bits** – made with maltodextrin or food starch. You have to check the source of the starch to know if it's wheat starch. (Corn and tapioca starch are gluten free.)
- **Gravies** and **thickened sauces** -usually thickened with white flour. May be gluten free if thickened with corn starch.
- **Miso** products- some is made with barley, which has gluten. Gluten free versions are available. Do not use if avoiding soy.)
- Many **processed foods**

ALLOWED Gluten-Free, Dairy-Free Foods:

When avoiding gluten and cow's milk in foods, it may sometimes seem like there's not much left to eat. Here is a list of the foods that you **DO** eat. These foods comprise the base of the Metabolic Code Diet.

- » **Clean Animal Proteins**
(organic chicken, grass-fed beef, wild caught salmon, etc.)
- » **Non-Starchy Vegetables**
(celery, carrots, broccoli, cauliflower, lettuce greens, etc. See page 45 in the *Phase 1 Diet Guide* for a full list.)
- » **Fruit**
- » **Beans**
- » **Nuts/Seeds**
- » **Healthy Fats**
(olive oil, butter, mayonnaise, avocado, hummus, guacamole, coconut oil, etc.)



Phase 2 & 3 ALLOWED Starchy, Gluten-Free Foods

The foods listed below are **NOT** included in Phase 1. This is because they can block weight loss due to being higher in carb (known as high glycemic load.) They are added back in Phase 2, because it is good to be able to eat some starchy foods for overall satisfaction with your diet, for nutritional intake and for microbiome benefits. However, due to insulin resistance issues, most people need to carefully control the amount eaten. In Phase 2 you are guided on determining a quantity of the gluten free starchy foods listed below that you can eat without regaining weight.

- » **Corn**
- » **Rice, Brown Rice, Rice Cakes, Rice Crackers**
- » **Potato, Sweet Potato, Yam**
- » **Oatmeal**

(The ***Phase 2 Discover & Rebuild Guide*** provides starch reintroduction info and the ***Phase 3 Maintain Guide*** provides guidelines for how and when to include these foods.)



Dairy

Dairy refers to any milk that comes from a cow, goat, sheep, or other animal. It also refers to any foods made from these milks like cheese or yogurt. Milk contains two dominant proteins: Whey and Casein. Casein is usually more of a problem, but some people may also react to whey. We like whey protein as a choice for protein powder if there is no known allergy to it, because it is the highest in bioavailability and has been shown in studies to be the best at helping muscle retention in adults. However, if you don't know if you are reactive, whey should always be tested. When removing all dairy including whey, protein powders containing rice, pea, hemp, and cranberry protein are an acceptable option.

Dairy milk and other fluid dairy products are also high in lactose, the natural milk sugar, which, if it is not able to be digested, will cause gas and bloating after consuming it. Dairy ingredients often seen on food labels are "milk protein" or "sodium or calcium caseinate." You sometimes see sodium caseinates in cheese substitute products; these should be avoided.

The Metabolic Code Diet plan allows butter to be used on foods, even though it's made from milk. Butter is made from cream (the fatty part of milk,) which contains only trace amounts of milk proteins and will not prevent most people from effectively testing out dairy sensitivity. Butter can have health benefits because it contains a substance called butyric acid that is good for intestinal health. To cut out even the trace of proteins in butter, you can use ghee (also called clarified butter) instead. Ghee is butter that has been strained of the buttermilk solids. In some cases of more significant health issues, like autism or MS, your practitioner may prefer you do not eat butter. Consult with them for their preference.

Sources of Dairy Proteins:

- Milk
- Cream, Half and Half
- Cheese
- Yogurt
- Cottage Cheese
- Sour Cream
- Ice Cream
- Pudding
- Sherbert
- Creamed Soups and creamed vegetables
- Some salad dressings (Ranch, Caesar, Buttermilk)

Other Sources of Dairy Proteins:

- Infant formula
- Supplemental Nutrition Shakes (Boost, Ensure, Muscle Milk)
- Milk Chocolate
- Restaurant Chicken (check websites for allergen info)
- Some sausages (like chicken and feta)
- Powdered "Non-Dairy" Creamers
- Goat, Sheep Milk/Cheeses
- Rice Cheese, Soy Cheese- check ingredients; these often contain casein as an ingredient
- Protein Bars and Shakes made with dairy proteins like dried milk powder, whey or casein

Dairy-Free Products:

- Unsweetened almond milk, coconut milk, organic unsweetened soy milk, etc.
- Coconut and almond milk coffee creamers*
- Dairy-free cheese (almond or tapioca-based*)
- Coconut ice cream, yogurt (both high in sugar)
- Ghee (clarified butter)
- Earth Balance dairy-free spread

*Avoid "coffee whitener" powders, as they usually contain corn syrup, partially hydrogenated oils, and other undesirable ingredients.



Eggs (Whole and Egg White)

Eggs are a great source of protein and other nutrients and are a great higher protein breakfast food. Unfortunately, eggs are another highly allergenic food, causing IgE allergies and IgG sensitivities to the egg whites and/or yolks. Our regular Metabolic Code Diet includes eggs, but we do have an egg-free version for those who want to test out their tolerance of eggs. You may be reactive to eggs if your regular diet has included a good many eggs, if you have tried wheat and cow's milk elimination and didn't see much improvement or if you have ever done low carb or paleo-like diets that included eggs and you lost little or no weight.

Non-Egg Breakfast Ideas:

- **Protein shakes** - pea/rice protein powders (avoid egg sourced protein powder)
- **Leftovers, from last night's dinner**
- **No-nitrite breakfast meats and jerky**
- **Nuts and seeds**
- **Nut butters** (almond butter, sunflower seed butter, cashew butter)
- **If Soy is tested and non-reactive in Phase 2: Organic soy- scrambled tofu, dried edamame can be used.** (Be aware that soy contains goitrogens which can interfere with thyroid hormone activity, and it is strongly allergenic. It is easy to develop reactivity to allergenic foods that are eaten every day, therefore we recommend eating soy only occasionally.)

***Mayonnaise Substitutes:** Brands include Earth Balance, Mindful Mayo, and Follow Your Heart Veganaise. Trader Joe's also has an egg-free mayonnaise (though products change often).

****More names for a variety of egg proteins:** globulin, livetin, lysozyme, and silici albuminate. Others start with the prefixes "ova" or "ovo," such as ovoglobulin, ovomucin, ovomucoid, ovotransferrin, ovovitelia, ovovitellin. People with known egg allergies should check labels for these proteins.

Sources of Egg Proteins:

- **Mayonnaise**- look for vegan versions*
- **Hollandaise Sauce**
- **Tartar Sauce**- due to mayo
- **Egg Substitutes or Egg Beaters**- contains egg white
- **Pancakes, Crepes, French Toast**
- **Baked Goods- Cakes, Brownies, Cookies, Soufflés**
- **Custard; Meringue**- in pie and cookies
- **Egg Noodles**
- **Egg Albumin, Albumin, Ovalbumin**- are names for egg whites
- **Simpless and Vitellin**** - not found very often; ingredients made from eggs

Foods that MAY Eggs/Egg White: (Check Ingredients)

- **Breaded Foods**- eggs are often used before bread coating as a binder
- **Meatloaf, Meatballs, Crab Cakes**
- **Breads**- some gluten free breads contain eggs
- **Some salad dressings**- like Caesar
- **Some soups**- like egg drop soup
- **Fried rice**
- **Waffles**

Egg Substitutes for Cooking/Baking:

- **Ener-G Egg Replacer** (potato starch, tapioca starch)
- 3 tbsp. **unsweetened applesauce** + 1 tsp. **baking powder** = 1 egg
- 2 tbsp. **corn starch** = 1 egg
- 2 tbsp. **arrowroot flower** = 1 egg
- 2 tbsp. **potato starch** = 1 egg
- 1 **banana** = 1 egg in baked goods
- **Flax and water mixture** (1 cup flax seeds, 4 cups water-blend. ¼ cup of mixture = 1 egg)



Soy

Soy is a legume that contains many allergenic proteins. The more soy you are in the habit of eating, the more likely it is that it could be an allergenic food for you. This is because we usually develop allergies to the foods we eat the most. While it can happen, it is less common to develop an allergy to foods you never eat. The Metabolic Code Diet eliminates soy in Phase 1 as a food allergen to explore. If you want to eliminate soy on your diet (recommended), use the common soy-containing foods list on this page to help you.

Because food sensitivities and allergies indicate an abnormal response to the protein in foods, the top priority is to avoid high protein foods such as soy milk, tofu, and products made with soy protein. Oils contain only trace amounts of protein, and there is conflicting information as to whether soybean oils should be avoided with a known soybean allergy. Studies have shown that most people with known IgE soy allergy can safely eat foods containing soybean oil and another ingredient from soy- lecithin. Soy lecithin, which is often labeled just as lecithin is allowed on the Metabolic Code Diet.

For the purposes of discovering a soy allergy for weight loss and less severe health issues, it is probably not necessary to strictly avoid soybean oil. If you are working with a health practitioner on your health and wellness program, especially if for a more significant health issue, or have a known IgE allergy to soy, seek your practitioners guidance on whether you should also avoid soybean oil.

Sources of Soy Proteins:

- Soy milk, soy creamer
- Tofu, tofu shirataki noodles
- Tempeh, natto
- Soy protein isolate, soy protein concentrate, hydrolyzed soy protein
- Soybeans, edamame, soy nuts
- Soy sauce, tamari soy sauce, miso, Worcestershire sauce, shoyu sauce
- Soy flour
- Soy cheese
- Soy ice cream, soy yogurt
- Soybean oil- mayonnaise, salad dressings, margarine
- Non-dairy cheese, sour cream products
- Some gluten free pasta
- Textured vegetable protein

Other Sources of Soy Proteins:

- High protein granola bars, protein bars
- Protein shakes
- Veggie burgers, meat analogs
- Soy noodles
- Vegetarian chili
- Jerky- soy sauce is a common ingredient
- Crackers – some rice crackers have soy sauce coatings for flavor
- Restaurant foods
- Processed foods



Peanuts/Other Nuts

Only peanuts are eliminated on the Metabolic Code Diet because they are the strongest nut allergen and can be a problem for people with Candida overgrowth symptoms (frequent gas after eating, fuzzy thinking, exhaustion, joint pain, muscle pain, sinus infections, fungal nails, sweets cravings, hay fever and other allergies, chemical sensitivity, i.e. sensitive to fragrances) because they contain aflatoxin from black mold. Also, anyone with a known peanut allergy should continue to avoid peanut allergen exposures, as directed by your doctor.

Other nuts (almonds, pistachios, pecans, Brazil nuts, English walnuts, sunflower seeds, pumpkin seeds, etc.) are allowed unless you have been tested and found to be allergic to them. This is because nuts and seeds have been found to help lower after-meal blood sugar elevations and to help you feel full and satisfied.

Because food sensitivities and allergies indicate an abnormal response to the protein in foods, the top priority is to avoid high protein peanut foods such as peanut butter. Oils have very trace amounts of protein and so refined peanut oils are allowed. HOWEVER, expeller or cold pressed peanut oils should be avoided, because they can contain some peanut particles. Refined peanut oil is less expensive and is typically what is found in processed and restaurant foods.

Recipes for Dairy-Free, Nut-Free foods, like Sunflower Pesto, can also be found on www.glutenfreeandmore.com

Sources of Peanut/Nut Proteins:

- **Protein bars, granola bars, KIND bars**, etc. (read ingredients)
- **Mixed nuts, granola**
- **Peanut butter**
- **Peanut flour (PB2)**
- **Baked goods, cookies, brownies** (read ingredients)
- **Candies, chocolates** (read ingredients)
- **Thai foods-** pad thai, satay sauces (peanut butter sauce)
- **Expeller or cold pressed peanut oil**



Corn

Corn is eliminated in Phase 1 of the Metabolic Code diet more because of the starch/higher carb content. However, it can also be allergenic. Corn is reintroduced in Phase 2 as a starch but it should also be tracked like any other potentially reactive food, so watch for symptoms after eating.

Again because refined oils do not contain proteins from the foods, just the fats, it is not necessary to avoid corn oil. Some people recommend avoiding all other corn-derived ingredients, such as citric acid, some vitamins and minerals, sugar alcohol sweeteners like sorbitol, maltitol, and xylitol which are all made from corn. It is virtually impossible to avoid ALL these corn-based ingredients, because they are in a lot of foods. However, because the ingredient is derived from the corn, they are fundamentally changed and they do not contain the corn proteins, so we do not feel this degree of elimination is necessary for the vast majority of people. By avoiding the corn ingredient foods listed at right, you should be able to discern any reaction to corn when you try it again.

Sources of Corn:

Besides avoiding corn itself, like sweet corn and corn on the cob, you should also avoid the following:

- **Corn sweeteners** including corn syrup, corn sweetener, corn syrup solids, high fructose corn syrup, dextrose, glucose, and powdered sugar (often found in jams, jellies, candies, and soft drinks)
- **Corn chips and corn tortillas**
- **Popcorn**
- **Corn grits** (all grits are made from corn)
- **Hominy**
- **Corn meal**
- **Corn starch or modified corn starch**
- **Corn flour, corn germ, corn gluten** (check cereal and gluten free pasta ingredients)
- **Maize**
- If possible, avoid **conventionally raised meats and poultry**, because corn is a main grain that is fed to cows, chickens, and turkeys. Choose grass fed beef, bison, and free range chicken, turkey, and pork.



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