



Metabolic Code®

DIET&NUTRITION

LOOK GOOD, FEEL BETTER

Phase 3

WEIGHT MAINTENANCE

Maintain



Managing Your Weight
the **Metabolic Code®** Way

Phase 3

Weight Maintenance – the Metabolic Code® Way

Congratulations!

You have made it to your maintenance phase! Your diligence on the diet has paid off with weight loss and the benefits of more vitality and improved health. Once you have reached your weight loss goal, the question is, now what? What should you do with your diet moving forward?

The truth is you will always have to control your high glycemic load foods somewhat, and the same holds true for allergenic foods. But we are all human and want to enjoy indulgent foods on occasion and special celebrations. Or as you have probably already experienced, there may be times, when good food choices are not available. So, the goal in maintenance is to learn how often you can relax your diet and still maintain your weight loss.

The key is to continue with the eating patterns you've learned in the diet **most of the time**. This guide will help you learn to incorporate other foods so you can enjoy them, but not jeopardize your health or regain too much weight.

**The key to long-term success on any diet
is very simple...**

YOU HAVE TO STICK WITH IT!

Therefore, the three most important factors that will affect your ability to maintain your weight loss will be:

1. Your level of starch consumption on an ongoing basis.
2. The number of times a week or month you eat allergenic foods you were reactive to.
3. The number of times per week or month that you allow desserts, sweets, and treats.

TIP: A main reason for going off a diet is we get tired of eating the same foods over and over. It's important to always look for new recipes using different combinations and spices so you don't get bored eating the same foods all the time.

Controlling Daily Carb Intake

For most people carb control = weight control. While our bodies need some carbohydrates, and especially other nutrients that many high quality carb foods contain, the primary purpose of carbohydrates is to supply fuel for the body. That's also the problem with carbohydrates. If we are not active enough and burning off the calories we consume, carbohydrates get converted to fat and stored. For weight maintenance, it is critical to understand why we need certain carbohydrate foods and can and should eat more of them, and why others, like those pictured on the right, need to be controlled.

Carb-Containing Foods:

■ Non-Starchy Vegetables

These include all the leafy greens and other vegetables like broccoli, carrots, asparagus, celery, etc. These foods contain on average only 5 grams of carb per serving, and much of that doesn't even absorb due to the plant fibers in them. Non-starchy vegetables are the most nutrient dense category of food, meaning they carry a lot of nutrients in a very low calorie package (25 cal. per serving).

Important: Vegetables are very high in potassium, and contain other minerals that keep the body alkalized, which, in turn, protects bone density. The potassium also helps you maintain muscle, a very important metabolic benefit. So, the more vegetables you can continue to eat on an ongoing basis, the better for your health and metabolism.

■ Fruits

Fruits are also high in potassium and other antioxidant nutrients, like vitamin C and all the bioflavonoids, but they are much higher in carbohydrates (natural sugars), and contain 15 grams of carb per serving. Because fruits are nutrient dense and high in fiber, it is important to include some in your diet. That is why the weight loss phase of the MCD includes a little fruit. For maintenance, you can continue to eat 1-2 servings per day most days. However, as a high carb food, you will learn ways to interchange fruits, on occasion, with other high carb foods. (See instructions in the Carb Counting section starting on pg 4.)



■ Beans/Legumes

Beans and legumes are nutrient dense as well, packing in 15 grams of carb from starch, plus about 7 grams of protein, and 4 – 6 grams of fiber per serving! That's why they are lower in glycemic index. They are also high in potassium and antioxidants, and very good sources of resistant starch. Remember, resistant starch has many health benefits. That's why it's important to continue to eat some of these high carbohydrate foods.

■ Other High-Carb Starchy Foods: Grains & Starchy Vegetables

Like the other high carb foods discussed, these are nutritious foods however, they have the most impact on blood sugar level, and therefore insulin and weight control.

It's recommended to get at least 25 grams of fiber per day. Ground flax or chia seeds, beans, fruit, and vegetables are all good sources of fiber.

Controlling the Impact of Starches

Starch is made up of chains of glucose that get released and absorbed into the blood stream, when they break down during digestion. Studies have found you can help control the release of sugars from starches by how we eat them.

These factors slow the release of glucose into the blood stream after a meal:

- Eating high biological value protein with meals. These include: lean proteins such as egg whites, fish, very lean red meat, and skinless poultry.
- Including high fiber foods with meals.
- Eating a little vinegar with meals.
- Eating a handful of nuts and/or seeds with meals.

Many of the MCD meal plans were designed to follow these factors. Still, most people will need to control the quantity of starchy foods, like potatoes, rice, and especially cereals and bread, because they typically have the highest glycemic index numbers. In Phase 2, you learned how much starch you could eat and still LOSE weight. The goal in Maintenance is to learn how many starch servings you can eat per day or week and not regain weight, and to balance your total intake of all high carb foods.



Carbs- The Bottom Line

- 1. Eat plenty of non-starchy vegetables.**
- 2. Continue to eat some fruit and beans/legumes.**
- 3. Control other high glycemic foods: starchy vegetables, grains, and high carb, low nutrient foods.**

This is the one food category you will need to continue to control on an ongoing basis. Counting, measuring, and monitoring your carb intake will ensure success.



Snack Foods & Sweets: A.K.A. High Carb, Low Nutrient Foods

It's time to get real and know how to deal with junk food. So far, we have focused on nutritious high carb foods, but in reality, there will be times when you want to eat other less nutritious, high carb foods like pretzels, chips, and desserts. These foods contain a lot of calories with very little nutritional value -no fiber, vitamins, minerals, etc. Thus the name, high calorie, low nutrient foods. Foods made from refined sugars and flours have the worst impact on our blood sugar, because when eaten, the blood sugar level elevates very rapidly and depending on the quantity of the food eaten, can remain elevated for quite some time.

While these foods are not really good for us, they have become a part of every day life. Because it is only realistic that you will want to enjoy some of these foods occasionally, it's important to know how they can be worked in. If you have a craving for chips, for example, you can eat them, but use the label to control the quantity. If 20 chips provides 15 grams of carb (per the label), count the chips and make that one of your starch servings for the day. You are swapping a less nutritious food for a more nutritious one, but at least you are controlling your carb intake. This swap method is also the way to handle eating some sweets. So, this leads us to one of the most important strategies for weight maintenance – Carb Counting.



Carb Counting

For most people slight increases in your protein foods and your healthy fats, will not lead to weight regain, however, eating foods that elevate blood sugar or that create inflammation will. That's why in maintenance, carb control is crucial, and why the most important tool for weight maintenance is something called Carb Counting. In your diet so far, **each 15 gram serving of a high carbohydrate food, whether it's beans, fruit, or a starch, counts as one carb serving because they all have similar impact on blood sugar.**

To carb count, count up the total number of carb servings you are currently eating per day. Let's say you know you are eating 1 bean, 1 fruit, and 2 starch servings per day without regaining weight. That is a total of 4 carb servings per day. You can use that knowledge to have more flexibility and allow for occasional sweets. Simply trade out one carb for another, making sure that the serving size you eat is equal to 15 grams of carbohydrate. Counting and measuring will help ensure that you make even trades and therefore don't exceed your carb amounts for a day or week.

This system also allows more flexibility with your daily intake. Some days you may want more fruit serving or starches, etc. For example, if you want to have a larger portion of watermelon (2 servings), you can trade out your bean and/or 1 of your starch servings that day.

Daily Carb Intake Tally Chart

Use this chart to tally the number of carb servings you can eat per day, while maintaining your desired weight. Your total carb servings is the number of carbs you have to be flexible with and swap out for other carbs.

Carb Servings	# of servings	x 15 grams each
Fruit	____servicing(s)	____grams carb
Beans/Legumes	____servicing(s)	____grams carb
Starches	____servicing(s)	____grams carb
TOTAL:	____servicing(s)	____grams carb

How Often Can I Have Sweets?

One of the most important ways to lose weight and keep it off is the control of sweets. Their high glycemic index causes very rapid increases in blood sugar after ingestion which causes inflammation, and most of them are devoid of vitamins, minerals, or other nutrients. The reality, though, is that sweets are a part of celebrations and therefore life, so we need a reasonable and rational approach for occasional intake.

One way to control your total carbohydrate intake is to use the carb counting method and trade out other carb serving(s) for the sweet. Keeping in mind that one carb serving equals 15 grams of carbohydrate, read nutrition labels to see how many grams of total carb the food contains per serving. You may need to adjust how much you eat to equal 1 or 2 carb servings. (Refer back to Phase 2, "Starch Serving Sizes.")

Use the following chart to understand the swap method:

Carb Content of Some Sweets

One small (2 inch square) brownie or cake	15 grams carb	1 starch serving
1 tbsp. jelly or syrup	15 grams carb	1 starch serving
1 small glazed doughnut	30 grams carb	2 starch servings
½ cup pudding	30 grams carb	2 starch servings
1 cup ice cream	30 grams carb	2 starch servings
½ cup fruit cobbler	45 grams carb	3 starch servings
⅙ of an 8 inch pie	45 grams carb	3 starch servings

So using the above chart, you can see that you can swap out 1 starch serving (i.e. ½ cup of potato, or ⅓ cup of rice), for 1 small brownie. Or you would need to trade out 2 starch servings for 1 cup of ice cream. As you can see, even a small sweet serving can pack a lot of carbs. This is why it is imperative to control intake of sweets. They contain so many high glycemic index carbohydrates and calories in very small packages, that if not controlled, they can cause very rapid weight regain.

These guidelines are helpful for those who like a sweet once or twice a week. Another alternative is to have a monthly "sweet splurge" and enjoy a normal serving size of a dessert. This may be eaten in addition to the normal daily carbohydrate intake. As long as this does not lead to weight regain, this is an acceptable strategy. This flexibility allows for personal preferences. The goal is to find out what works for YOU.

Survival Tactic:

Find healthy sweets that you can enjoy within your meal plan guidelines. For example, you can have 1 tbsp. of nut butter on 1 square of dark chocolate; the nuts take up a nut serving for the day and the low sugar dark chocolate is like a freebie! Or eat fruit in the evening with a spritz or dollop of soy-based whipped cream, or a gluten free cookie in place of 1 starch serving in your day or week.

Allergens in Sweets

Many sweets also contain allergens – cow's milk in ice cream, wheat in cookies, cakes, and pies, etc. If you were very reactive to wheat or cow's milk, intake of these ingredients should be limited. You can use gluten-free cookies, and coconut milk ice creams in place of the regular versions. However, they should still be controlled in terms of the carb amounts, as follows:

1 gluten free donut (Kinnikinnick brand)	37 grams carb	2 ½ starches
½ cup coconut milk ice cream	21 grams carb	1 ½ starches
2 gluten free cookies	14 grams carb	1 starch

Are Carbs Putting Weight Right Back On?

Many factors influence a person's ability to eat high glycemic carbs without gaining weight. The biggest factor is physical activity. For most people, being more active means you can eat a few more high glycemic carbs without gaining weight. However, other factors like age, gender, and overall metabolic health and nutritional status can influence carb tolerance as well. If you find that no matter how much you weigh, measure, and control your intake of high carb foods you regain weight quickly, you need to work with your practitioner to evaluate other areas of your metabolism.

Other metabolic factors that can influence carb tolerance include thyroid function, blood sugar regulating ability, stress level, sleep, and intake of key nutrients that can influence these. If you are insulin resistant due to not getting enough of the blood sugar regulating nutrients like chromium, magnesium, and zinc, for example, your insulin remains elevated longer after carb-containing meals and dramatically influences the ability to burn fat.

In addition, if you don't sleep well, your growth hormone production suffers and that affects ability to maintain muscle tissue. The Metabolic Code Diet includes programs to address these and other metabolic factors because it all interrelates. To manage weight, it is important to address anything that can influence your metabolism.



As you improve the nutrient density of your diet, lower your overall carb intake, and increase your physical activity, insulin resistance should start to improve. If over time you still are not able to eat very many high carbohydrate foods without gaining weight, it could be a sign of insulin resistance or another metabolic imbalance. If this is you, talk to your practitioner about nutritional support options that can help severe insulin resistance.

Food Allergens

How often can I have foods I reacted to?

As a general rule, to avoid internal inflammation and related problems, the stronger the reaction to an allergen, the less often you should eat the food. **Use the chart as a guide...**

Reaction:	Limit Intake to:
Severe (and very noticeable)	as infrequently as possible (i.e. once every 3 months)
Moderate	1-2 times per month
Mild	no more than once per week
No noticeable reaction	1-2 times per week



Grains and Gluten

It's very important to control your intake of any foods you reacted to in order to avoid regaining the weight you've worked so hard to lose. Any food you reacted to can be a problem, however, wheat/gluten foods tend to be one of the most problematic foods.

Gluten increases gut permeability for a time after eating it, which, in turn, can cause immune system activation. Gluten intake on maintenance will tend to be controlled anyway because it is in grains and they are controlled as starches. But pay special attention to your reaction to gluten-containing grains, especially wheat. (Others are barley and rye.) Also, read labels to watch for hidden gluten. For example, wheat flour, which contains gluten, can show up in some dark chocolate.

If you are regaining weight, re-eliminating wheat/gluten will usually help get it back off. For some people, a "one or two days a month" policy will do the trick for losing the weight that was regained. When wheat/gluten causes weight gain or other symptoms, eating wheat "now and then" as opposed to the typical American "every day" is a good strategy for weight loss maintenance, and as a preventive health measure.

Survival Tactic:

If you regain weight in the maintenance phase, the most likely reason is the amount and/or frequency of eating high glycemic index or allergenic foods.

If at any time, you are regaining too much weight (3-5 pounds), it is highly recommended to go back to your Quick Start menus until the weight is off.

ROTATION DIET

Another helpful concept to try to master for weight management is food rotation. This is especially helpful if you have a past history of food allergies or if you found you were reactive to several foods in your Phase 2 reintroductions. Because rotating foods can prevent your immune system from becoming reactive to foods, it can help prevent internal inflammation, and therefore can be extremely helpful for maintaining weight loss. In fact, some people use rotation diets as a weight loss method! Instructions for this diet are available on a separate pdf entitled, "Creating a Rotation Diet."

Rotating meals and food selections in the diet has a number of advantages besides helping prevent food allergies or sensitivities and inflammation. One advantage is by eating a larger variety of flavors and textures, it prevents boredom from eating the same foods over and over again, while also helping maximize intake of different nutrients.

If you notice, on the Metabolic Code Diet you are eating a full rainbow of colors, with all the vegetables, fruit, nuts, beans and seeds, and healthy proteins. We encourage you to continue to experiment with different vegetables, and even spices to provide different antioxidants and other helpful plant compounds, while providing new, unique, and interesting flavors.

Food rotation can be applied across all food categories. Fight the habit of eating the same foods every day, and embrace the wide variety and exponential numbers of different healthy proteins, vegetables, and spice combinations. Continuing to try new foods and spices is one of the most important strategies for long-term success with weight loss and maintenance.



Nuts

Nuts are a highly allergenic food, especially tree nuts like almonds, pecans, and walnuts. It is important to rotate the nuts you eat. Here's an example of how to rotate nuts:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Almonds	Cashews	Walnuts	Macadamia Nuts	Pistachios	Almonds

With nuts, this often isn't practical due to costs and spoilage. So you might try another technique for rotation. Buy 3 different types of nuts in small bags or containers. Rotate the kind you eat each day, until these 3 types of nuts are gone, and then the next time you buy nuts, buy 3 completely different kinds. If you have tried peanuts (or a natural peanut butter) and tolerated them with no symptoms, you can rotate these into your nut (and seed) selections.

Eggs

If you like eggs, but you found with a reintroduction that eggs caused weight regain and congestion (or other symptoms), you should avoid them for another few weeks. If with a reintroduction, you found a symptom did re-appear but was slight, you could try eating eggs, but no more often than once or twice a month. With time, if the reactivity continues to improve, you could eventually try a "no more often than every 4th day" rotation.

Soy

The same holds true for soy, another highly allergenic food. In order to avoid developing an allergy to it, or to help control what appeared to be a mild reaction to soy, don't eat soy-containing foods any more often than every 4th day.

■ Dairy

After achieving your weight loss goal, you can do the same thing with cheeses and dairy; if a reintroduction does not cause immediate, next day weight gain of 1-2#, and did not cause any of the food sensitivity symptoms, you can include cow's milk dairy products, just no more often than every 4th day. This can also be achieved by continuing to rotate your cheese selections, using goat's and sheep's milk cheese products, and cheese substitutes sometimes.

Dairy, however, is another food that can cause significant immune system reactions and inflammation. If you find you are regaining weight or have hit a weight loss plateau, cut back on dairy of any kind. For weight maintenance, you may want to try rotating between cow's, goat's, and sheep's milk cheeses, and not eating any more often than once or twice a week.

■ Meats

Many people also rotate their meats, however, this is usually just for people who have a history of significant food allergies. An example of rotating meats would be to have grass fed beef on Monday, chicken on Tuesday, fish on Wednesday, pork chops on Thursday, and then start over on Friday with a red meat – maybe bison or lamb, turkey instead of chicken on Saturday, another kind of fish on Sunday, low sodium ham on Monday, etc.

■ Beans and Legumes

Beans and legumes are high in substances called lectins, which are proteins thought to be responsible for some of the adverse effects of foods. Like any food, they can become an allergen.

We include beans and legumes daily in the Quick Start menus in order to help transition people off of high glycemic index starchy foods like rice and potatoes. But it does not have to become a long-term habit. Some people who are prone to food sensitivities may want to limit beans to every 4th day. In general, beans can be eaten 2 or 3 times a week in salads, chili, or as part of a meal like refried beans with fajitas.

Rotation of your foods can prevent your immune system from becoming reactive to foods, and encourage trying new foods and recipes.



Alcohol

A good rule of thumb for alcohol consumption is moderation.

MEN

■ no more than 1-2 drinks per day

WOMEN

■ no more than one drink per day (by drinking only about 5 drinks per week or less.)

1 serving of alcohol is:

- 12 oz. beer
- 5 oz. wine
- 1 ½ shots of liquor

This amount of alcohol may actually have some health benefits, but drinking more raises health risks.

Studies are mixed as to whether drinking alcohol causes weight gain, but that’s because people who become alcoholics will start to lose weight over time. A large study of 3,000 people showed that drinking above the recommended moderate drinking guidelines is associated with abdominal weight gain in men. So the beer belly adage is true.

For most people who drink only moderately, drinking needs to be controlled to keep from causing weight gain, and it is not just from the calories in alcohol itself. Studies have found that when we drink, we tend to eat more.

Like everything else, each person’s tolerance for alcohol, when it comes to weight management, will be different. Over time you should be able to determine an amount that works for you. Until then, the tips to the right can help guide you.

Beer	the worst, in terms of reactivity, due to the gluten and yeast content. Therefore we recommend avoiding anything other than an occasional beer. This is especially important for anyone who had a high score on the Gut and Digestive Health section of their questionnaire or has high reactivity to wheat.
Wine	contains yeast, but is gluten-free
Hard liquors	do not contain gluten or yeast
Liqueurs (ie: Bailey's Irish Cream and Kahlua)	very high in sugar, and should be traded out for 2 starch servings if consumed
Vodka	is the cleanest in terms of other compounds and no sugar content

Notes
<p>If drinking hard liquors, use low sugar mixers such as Club Soda, Sparkling Water, and Sparkling Mineral Water. Diet tonic could be used occasionally. Lemon/lime twists are acceptable. Make adjustments to lower sugar content. For example, vodka and cranberry juice can become vodka* and club soda with a splash of cranberry.</p> <p><i>* We recommend a non-wheat based vodka during this elimination phase of the MCD. See FAQ's for more information.</i></p>

Tips for Controlling Calories When Consuming Alcohol:

- Have one non-alcoholic drink in between each alcoholic drink, preferably water.
- Select light versions of alcohol, whenever possible.
- Always have food in your stomach before you have a drink.
- Learn to sip your drink to make it last longer.
- Use non-sugary mixers, like Club Soda, lemon and lime twists, etc. with hard liquors.

-Your Personalized Diet Plan for Weight Maintenance and Optimal Health-

Fill in the blanks according to your discoveries and your Controlled Foods Checklist. If you cannot tolerate a food, draw a line through it and avoid it.

Food	Servings/Day	Serving Size
Protein Be sure to eat at least 3-4 oz. of protein with each meal, and some protein (like nuts/seeds) or healthy fat with snacks to control blood sugar.	_____	1 oz. poultry, fish, beef, pork (due to shrinkage, cook an extra oz. of raw meat at each meal to provide enough protein)
	(1500 cal: 11 g 1800 cal: 14 g)	1 egg or slice turkey bacon (about 5-7 g protein/slice)
		½ serving protein powder, so 1 serving/ breakfast protein shake
		1 serving soy : 1/2 cup edamame or tofu
Non-Starchy Vegetables	10+	1 cup raw or 1/2 cup cooked Artichoke/hearts, asparagus, bamboo shoots, sprouts (bean, alfalfa, broccoli), beans (green, wax, Italian), beets, broccoli, Brussels sprouts, cabbage (green, bok choy, Chinese), carrots, cauliflower, celery, chayote, cucumber, daikon, eggplant, green onions or scallions, greens (collard, kale, mustard, and turnip), hearts of palm, jicama, kohlrabi, leeks, mung bean sprouts, all lettuces/salad greens, mushrooms, okra, onions, pea pods, peppers, radishes, rutabaga, sauerkraut, spinach, squashes, including zucchini, sugar snap peas, Swiss chard, tomato, tomato sauce, tomato/vegetable juice, turnips, water chestnuts.
Fat (5 g fat = 1 fat serv.) (3 tsp. = 1 tbsp.)	Up to 6	2 tbsp. lite balsamic dressing, avocado, guacamole <u>Salad dressing guidelines</u> : organic (preferred), ≤ 5 g sugar per serving, non-dairy if you do not tolerate dairy, and choosing organic ensures oils will not contain GMOs.
Nuts/Seeds	2	½ oz. (½ cup) seeds, nuts; 1 tbsp. nut butter (peanuts , as tolerated)
Chia or Flaxseeds	1-2	1 tbsp. ground/milled
Milk	1	1 cup unsweetened almond, coconut, soy milk* 1 cup unsweetened plain yogurt- goat's, sheep's milk*
Cheese	Up to 3 times/ week, as tolerated	1 oz. (1/4 cup) Daiya dairy free shreds, goat's, or sheep's cheese*
Beverages	Unlimited	Water, tea (regular and herbal), coffee, sparkling water, fruit water (see recipe), lemon/lime water, club soda with a splash (up to 1 oz.) of cranberry or other 100% fruit juice.
	Limit to 1 drink, occasionally	Vodka* with club soda (lemon and lime twists are okay) or a glass of wine. *We recommended a non-wheat based vodka during this elimination phase of the MCD. See FAQ's for more information.
Acceptable Seasonings and Condiments	Unlimited	Sea salt, pepper, seasonings/herbs, spices, mustard, broth, vinegars, hot sauces, lemon and lime juice, dill pickle (reduced sodium), stevia sweetener, Coconut Secret Raw Coconut Aminos Teriyaki Soy Free Seasoning Sauce, olives

Food	Servings/Day	Serving Size
CARBS: (Starches, Fruit, Legumes, and Sweets)	TOTAL CARB Servings/Day: (1 serving carb= 15 grams of carb) _____	Important Note about Carbs: These four food categories are high in carbs. Therefore, in order to maintain your ideal weight, continue to control their intake on an ongoing basis. Stick with the number of total carb servings per day that you discovered works for you. If you have more from one carb category, eat less from another to balance out overall carbs.
-Starches Be sure to count, measure, and monitor your starch servings. This can make all the difference! (GF=gluten free)	_____	1/2 cup cooked rolled oats, green peas, sweet corn (or 1/2 cob), grits, sweet potato/yam, mashed or baked, 1/4 of a large potato, or ½ of a small potato 1/3 cup cooked rice (pref. brown), GF pasta*, or quinoa 1 slice GF bread* 3 cups popped popcorn Varies (15 g carb = 1 carb serving), GF crackers, chips, pretzels*
-Fruit Watch your intake of fruit due to its sugar content and limit it to 1-2 servings per day, according to what has worked for you.	_____	½ medium pear, small mango, papaya ½ large grapefruit, or ¾ cup canned sections ½ large pear, or ½ cup canned; 1 medium peach, or ½ cup canned ¾ cup blueberries, fresh pineapple, or 1/2 cup canned 1 cup raspberries, blackberries, melon; 1 ¼ cup strawberries, watermelon 1 extra small or 1/2 medium banana; 1 small apple, nectarine, orange, kiwi 2 small plums, clementines/tangerines 4 fresh apricots, ½ cup canned 12 fresh cherries; 17 small grapes (or 8 large grapes)
-Legumes	_____	½ cup beans, split peas, lentils ½ cup hummus, bean dip
-Sweets Substitute for a starch and/or fruit serving(s).	Limit to 2 or fewer/week	1 - 2 carb servings (Read label, 15 g carb = 1 carb serving).
Sweet Condiments	Limit to 1	1 tbsp ketchup or cocktail sauce

***Food Allergen Warning: Wheat, Cow's Milk, Soy, Egg, and Peanuts**

- ♦ Cow's milk and wheat may occasionally be eaten in this food category, per individual tolerance.
- ♦ When foods cause symptoms and are eaten too regularly, they become a continued source of inflammation in your body and can make weight loss maintenance difficult.
- ♦ Even if you did not react to these foods, because they are highly allergenic, it's still a good idea to avoid eating them too often in order to prevent the development of an allergy or intolerance.

Weight Maintenance Success!

Learning how to lose weight and keep it off is a process. Sometimes it can take a couple tries (or more) to really master this huge challenge that faces all of us living in a time when food is plentiful and activity requirements are low. However, when food sensitivities are present they can make it nearly impossible to lose weight long-term, without eliminating or drastically reducing the intake of that food. That's why calorie-based-only systems often don't work.

In addition, without becoming educated on the importance of controlling high glycemic index and glycemic load foods, most people will never understand their individual tolerance for these foods, because it is different for everyone based upon many factors in their life, like their age, amount of activity, medications they may be on, etc.

By going through the Metabolic Code Diet process, we hope you learned a lot more about your body and its response to foods, in addition to learning the value of identifying and addressing metabolic imbalances or challenges, such as stress-induced food cravings. It is in each discovery about your individual tolerances and metabolic challenges that you will finally be able to conquer your weight in a healthy way.





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