Metabolic Code®

DIET&NUTRITION

LOOK GOOD, FEEL BETTER

Phase 2

FOOD ALLERGEN REINTRODUCTION

Discover & Rebuild

Discovering Possible Roadblocks to Weight Loss and Rebuilding Your Diet for Better Health

Metabolic Code®
DIET&NUTRITION
LOOK GOOD, FEEL BETTER

Phase 2

Discover and Rebuild – the **Metabolic Code®** Way

Overview

This phase of the diet can actually be viewed as the most exciting part of the diet. This is where you will learn if food allergens could be stopping your weight loss as well as your body's limits on high glycemic foods. If you've never been through this process, it may very well be the most valuable thing you ever do for your weight and health.

The food reintroduction step is crucial in helping you discover unknown food sensitivities which can keep the body inflamed and therefore interfere with weight loss success.

In addition, a little later in this phase you will learn how to track, and therefore control high glycemic load foods (starches) to find your tolerance point, which is the amount of food you can eat but still continue to lose weight.

These food discovery steps are designed to walk you through the process of learning how YOUR body reacts to food allergens and starchy, high carbohydrate foods. Avoiding foods that cause symptoms is KEY for success with weight loss and overall health.

This guide will walk you through the following:

- Glycemic Load Reintroduction: Starches
- Signs and Symptoms of Food Allergies and Intolerance
- Food Reintroduction Trials: Corn
- Food Allergen Reintroduction Trials: Goat's Cheese/Milk, Sheep's Cheese/Milk*, Whey Protein*, Soy, Peanuts, Egg (optional)*
- Food Reintroduction Trials: Cow's Milk Dairy* and Wheat
- Controlled Foods Checklist- A Summary of Your Discoveries
- What Did You Discover and What Does it Mean for You?

*If vegan, disregard these animal-based food reintroductions.

Glycemic Load Reintroduction: Starches

After eating your MCD Phase 1 diet for a *minimum* of two weeks, or preferably longer, you can start trying food reintroductions to monitor your responses, IF you desire.

Strategies for Balancing Starch Intake with Weight Loss

Carb control is a key part of most weight loss diets. Some diets cut out *all* high carb foods, including starchy vegetables, grains, and fruits because of their impact on blood sugar levels. However, the removal of even healthy foods like fruit and high fiber beans can be detrimental over time and have side effects like reduction in beneficial gut flora and constipation. This is why the Metabolic Code Diet includes some of these foods, along with high fiber flax and chia seeds in the protein shakes.

A primary benefit of starchy foods like potatoes, rice, and other grains is that they improve satiety--your feeling of fullness after eating. But they can slow weight loss because most of the starch in these foods digests and absorbs quickly, therefore raising blood sugar levels. This rise in blood sugar, in turn, raises insulin which stops fat burning--an effect that is actually more pronounced in people with insulin resistance. The impact from starch is its effect on blood sugar and insulin. It just needs to be controlled. Eating too much can affect ability to lose weight.

Is it Time for YOU to Try Starch Reintroduction?

If you have been feeling satisfied with your current intake and are seeing good weight loss, it is OK to delay adding starch into the diet. If you are losing weight but find that you are overly hungry, this may be a good time to reintroduce starchy foods to help with satiety. The goal of this part of the diet is to help you find a level of starch intake that helps you feel more satisfied and full, but that still allows weight loss.

Taking time to discover this level is crucial, because individualized carb control is a tool that can be used throughout the rest of your life to help manage your weight.

Step #1: Try a Few Starch Servings Per Week

In addition to your current eating pattern, add gluten-free starch foods *two days per week*. For example, add 1 starch serving (for women) or 2 starch servings (for men) on Monday and then on Thursday (see Starch Serving Sizes on page 10). When reintroducing starches, try only one kind at a time to properly monitor your response. After one week, if you are still losing weight but are hungry, try adding the same amount of starch *every other day* and see if you continue to lose weight. If weight loss stops, cut starches back to two times per week, and make sure to record your findings on the Lifestyle Guidance Portal (LGP) or Daily Starch Intake and Weight Response Record in this guide. If you are still losing weight but are not full and more satisifed after meals, you can move on to the next step of trying daily starch servings. **Note: If you follow a vegetarian diet,** you may find that you are less able to tolerate more starch because the baseline carbs are already fairly high, since vegetarian protein sources also include carbs, as opposed to animal proteins like chicken, fish, etc.

Step #2: Try Daily Starch Servings

If you are losing weight, but are *still* hungry after your meals, you can try eating 1 starch serving (for women) or 2 starch servings (for men) *each day*, as long as the starchy foods you've tried did not cause gas and bloating. (If they do, you should speak to your practitioner about how to address this). Some taller and larger framed men and women may even be able to eat 3 starch servings per day and still lose weight. Again, remember to note your response on your record.

You should think of this way of approaching starches as a "sliding scale" of carbs, which is designed to help you adjust starchy food intake to your size and activity

level for weight loss and weight maintenance. Starchy foods provide energy for the body, therefore people who are more active may be able to eat more. Use this information to your advantage. For example, if you have times where you are not able to exercise, cutting starches out of the diet or cutting way down will help control your weight until you can start exercising again.

Step #3: Troubleshooting

If daily starches cause weight regain or blood sugars to elevate to unacceptable levels, cut back. If you were eating 2 servings per day, cut back to 1. If you were eating only 1 serving per day, try eating starch every other day (pulsing carbs) or less often. For example, limit servings to 1-2 per day, but limit to 3 days per week rather than daily. It may take a little experimentation, but the benefit of life long weight control is the pay off!

Just keep in mind that the ultimate goal is to slowly increase the starches over time to find the level that is right for you. So be sure to monitor your weight, looking for a possible slowdown in weight loss resulting from the starches coming back into your diet. Does your weight loss continue, or does it slow down?

If a low level starch intake slows weight loss somewhat but helps with hunger issues, then it is better to take the slower weight loss and control hunger.

But, if weight loss stops, this indicates pretty severe insulin resistance. In this case, you need to cut back on starches again and try other measures, such as adding the UCAN SuperStarch to see if that will help keep hunger and food cravings at bay. You should also speak to your practitioner about supplemental nutrients that support better insulin and blood sugar regulation.

Note: Rice and Potatoes

These starches are usually tolerated well, especially rice. However, potatoes are a nightshade vegetable and may cause reactions in some people. Some common symptoms from nightshades include increased joint pain in arthritic joints and headaches. If they do not give you symptoms but cause weight to be regained fairly quickly, it is likely due to carbohydrate quantity as mentioned above.

Note: Beans and Legumes

Beans and legumes provide many benefits. They are incorporated into the Phase 1 menus because they are a lower glycemic impact source of starch and fiber, which is good for satiety. This makes them a kind of survival tactic to curb hunger on an otherwise very low starch diet.

Once you start adding other starches back into your diet 2-3 days per week or more, as instructed, it is recommended to either have your starch for the day come from beans/legumes OR from another starchy food, *not both*. This will help ensure that the added starch intake does not slow down weight loss. This is especially recommended if you feel satisfied without them.

Also, like any food, beans and legumes can become allergenic if eaten too often. Not eating them every day and rotating the types of beans you eat is helpful for preventing a problem (see the section on **Food Rotation** for more information). We recommend having 2 bean-free days per week.

If you really need the daily bean/legume serving to help control hunger, you may continue eating them along with the added starch, as long as weight loss continues. The key to successful weight loss is to be in-tune with your body and its response to foods... allergens and starches... and to learn how to adjust accordingly. You are in control.

TIP: The Best Time to Eat Starch

Many people prefer eating their starchy food for the evening meal. In fact a study in men found that those who ate starches for dinner had more weight loss than those who included no starches at all in their eating plan or who spread their starch out over the day. If eating starch at breakfast is desired on occasion, eat it with protein and/or fat to minimize the impact on blood sugar.

Starch Serving Sizes

A starch serving is the amount of each food it takes to provide 15 grams of carbohydrate. It is a controlled and measured amount and varies from food to food. These servings are based on the American Diabetes Association's universal exchange lists. (This system was used because it is an internationally recognized system.) (GF=Gluten Free below.)

WHAT IS A STARCH SERVING?

Cooked rice (preferably brown)	⅓ cup	Sweet corn*	½ cup ½ cob
Cooked rolled oats	½ cup	Grits*	½ cup
Quinoa	⅓ cup	Popped popcorn*	3 cups
Cooked GF pasta	⅓ cup	Green peas	½ cup
GF bread	1 slice	Yam or sweet potato	½ cup
GF pancakes, waffles	Varies	Potatoes (See tip on potatoes below in "Resistant Starch "section.)	½ cup mashed or baked, ¼ of a large potato, or ½ of a small potato
GF crackers, chips, pretzels, etc.	Varies		

*See corn section below before reintroducing these foods. Avoid crackers with corn flour until after a trial and verify that you can tolerate it.

Measure, Don't Estimate. Estimating your starch servings can result in eating way too much, and therefore stop or slow your progress. After a few times of actually measuring your rice, quinoa, or potatoes, you will be much more accurate in estimating servings when eating out or at someone else's house.

Count Chips, Crackers, Pretzels, etc. Use labels to determine how much you can eat when serving sizes are labeled in numbers (i.e. 20 chips). The serving size listed on a nutrition label does not necessary reflect 1 starch serving. For example, a gluten free cracker box may list the serving size as 16 crackers, but that amount contains 22 grams of carb. To scale back, you can eat a few less crackers than the serving size, or if you want to be more exact, you can find out how many crackers will give you 15 grams of carb, and therefore 1 starch serving, using the following steps.

STEP 1: 22 g carb DIVIDED BY 16 crackers
=1.4 grams of carb per cracker

STEP 2: 15 grams carb DIVIDED BY 1.4 grams of carb per cracker= 10.7 crackers
So, you can eat 10 - 11 crackers.

You may use these steps for chips, pretzels, etc. as well.

Track Starches in Recipes. To track starches in mixed food recipes, e.g. potatoes added to pot roast or gluten free bread crumbs in meatloaf or crab cakes, calculate your starch intake using the nutrition label information. For example, 1/3 cup of bread crumbs in a meatloaf recipe contains approximately 25 grams. The recipe serves 6, so divide the 25 grams in the whole recipe by 6 to get the per serving carb amount (25 divided by 6 = 4 grams per slice). Then track your intake by how much you eat. For example: 2 slices will contain about 8 grams of carbohydrate or 1/2 a starch serving.

Resistant Starch

Resistant starch is a type of starch in foods that doesn't digest. These starches can either occur naturally in foods or form in the foods when they are cooked and cooled. Resistant starch has been found to help promote the growth of beneficial flora and therefore thought to be good for intestinal health, in most people.

By promoting healthier intestinal tissue, resistant starch can help improve the production of appetite- and blood sugar-regulating hormones in the intestines and may therefore be quite helpful for weight loss and overall health. Natural food sources of resistant starch are: slightly green bananas, beans and legumes, oatmeal, cooked and cooled rice and potatoes, and quinoa.* If you tolerate these foods, you can choose to eat these sources of resistant starch for some of your fruit and starch servings.

*If you notice that resistant starches cause increased gas, digestive enzymes may be helpful. Resistant starches can cause severe gas in people with IBS, colitis, or SIBO (Small Intestinal Bacterial Overgrowth), in which case, you should consult with your practitioner to determine an individualized plan.

Daily Starch Intake and Weight Response Record

Please record your starch trials and your weight and hunger responses below. This will help you discover how much starch you can tolerate without gaining weight. ***When you find your ideal amount of starch/day, record that on pg. 16.***

Week Day	Type of Starch	Starch Serving (1 for women; 2 for men)	Weight Gain	Weight Loss	Weight	Hunger Response
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Supplemental Support for Blood Glucose Response

When you eat starch, observe if your satiety improved or if there are increased cravings for starches and sugar. If cravings are increased, it could mean you are having hypoglycemic episodes after eating the starch.

If eating carbohydrates causes immediate rapid weight regain, makes you tired, or causes blood sugar drops a while after eating, speak with your practitioner to get recommendations on supplementing with blood sugar supportive nutrients like magnesium, zinc, and chromium. Repletion of these nutrients may help improve your response to carbohydrates in foods.

Eating a healthy fat or protein with starches like chips, crackers, etc. helps reduce blood sugar spikes after eating. Some examples include: corn chips with guacamole, or gluten free crackers with almond butter or sliced turkey.

Final Words on Starch Tolerance

Continue with small starch servings until weight loss goals are reached. Once your goal weight is achieved, it is important to determine a maintenance carb level and strategies for occasional splurges. More info to come in Phase 3, the maintenance phase!

POTATO TIP:

The preferable way to eat potatoes is cooked and cooled, as mentioned above. Examples of this inlcude potato salad made with olive oil mayo, and cold potatoes with extra virgin olive oil and seasonings, or with vinaigrette dressing.

What are the Signs and Symptoms of Food Allergies and Food Intolerances?

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.

There are two primary types of immunoglobulins that can be at the root of food reactions: IgE and IgG. Other immunoglobulins are IgA and IgM. Doing an elimination diet can't tell you which reaction you are having because you need lab tests for that. However, allergy tests can't measure all the other types of reactions that can occur in the body, while 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 react, they also produce inflammatory substances, so that's why the foods can cause problems with weight management, pain, and other problems.

As you proceed with the food reintroductions, you will be asked to note and document any symptoms. These reactions are keys to helping you discover unknown food intolerances and allergies. The charts on this page will help you identify whether your reaction may be due to a food intolerance or allergy.

Signs and Symptoms of Food Intolerance	
Irritable bowel - gas, bloating, diarrhea, constipation, stomach ache, etc.	Autoimmune conditions - Hashimoto's Thyroiditis, Arthritis, Endometriosis etc.
Headache	Fatigue
Heartburn, reflux	Depression, anxiety
Joint pain, stiffness	Water retention
Skin disturbances (eczema, rash, psoriasis, skin itch etc…)	Food cravings, increased hunger
Trouble sleeping or staying asleep	Weight gain, difficulty with weight loss
Nasal stuffiness and congestion	Inflammation

Signs and Symptoms of Food Allergies
Congestion
Runny nose
Sneezing
Itchy eyes
Scratchy throat
Mucus in throat, etc.
Red – rimmed eyes, under eye circles

***Note of Caution:**
Anaphylactic Reactions to Foods

If you have ever experienced an anaphylactic reaction to a food(s), that food(s) should be eliminated from the diet forever, unless you are undergoing food trials under the close supervision of your doctor.

Food Allergen Reintroduction Trials:

Corn

Corn is a fairly common allergen. If you plan to introduce corn to your diet, add only corn products. Do not add rice or potatoes at the same time. For example, choose a serving of corn chips and/or sweet corn then monitor your response by observing for symptoms after the food is eaten. Use your Corn Trial Record to note your reactions, if any.

As always, watch for any indication of an immune response such as runny nose, itching eyes, sneezing, congestion, bloating, gas, diarrhea, constipation, headaches, joint aches and pains. If these reactions are seen, it indicates a food sensitivity or allergy, and the food should be taken back out of the diet. Use the chart to the right to document your findings.

Remember: Corn is a starch *and* an allergenic food.
Watch closely for weight changes, as well as any symptoms.

After your trials, go to the Controlled Foods Checklist on pg. 16 to record your response and recommended frequency for eating corn.

Corn - Food Allergen Trial Record

Continue to follow the Phase 1 plan, but on your trial day, choose one of the foods below, and eat it as follows -one per trial:

Sweet corn	½ cup or ½ cob	Grits	1/2 cup
Corn tortilla chips	13-15 chips	Popcorn	3 cups

Possible reactive symptoms to look for:

A symptom(s) can occur fairly quickly after eating or might be delayed by as much as 24 hours or more. Here are the symptoms to watch for: headaches, fatigue, depression or other noticeable mood changes (i.e. more negative), joint pain increases, achiness, or increased general pain, bloating, indigestion, heart burn, mental fog, water retention (swollen fingers, etc.), acne, skin breakouts, IBS – like symptoms, constipation or loose stool/diarrhea, or fluctuation between the two, nasal congestion, mouth ulcers (sores on inside of mouth), stubborn weight (very difficult to lose and keep weight off), and increased hunger and/or food cravings.

Food Tried:	Amount:	Date:	
1. Corn			
• Symptoms report:			

Food Tried:	Amount:	Date:	
2. Corn			
• Symptoms report:			

Food Tried:	Amount:	Date:	
3. Corn			
• Symptoms report:			

Food Allergen Reintroduction Trials: Goat/Sheep Cheese/Milk, Whey Protein, Soy, Peanuts, & Eggs (Optional)

Now that you've completed your starch and corn reintroductions, it's time to move on to more food reintroductions and discover whether you tolerate them or not. Reintroduction of foods must be done one at a time, because if you reintroduce two foods at once, you will not be able to tell which one you reacted to if you have symptoms.

Food Allergen Reintroductions

Many people really miss eating cheese, so we will kick off this portion of the food allergen reintroductions with goat's cheese/milk, followed by sheep's cheese/milk. These alternatives to the typical cow's milk cheeses are much lower in the allergenic protein, casein, and therefore will be tolerated by many people. Goat's and sheep's cheese/milk are similar but not identical. Therefore, we guide you through separate trials to test your tolerance to them.

Similarly, whey protein, even though it is derived from cow's milk, is considered to be a more easily digested and therefore less allergenic than whole cow's milk. Whey protein can be tested earlier than other cow's milk dairy products because it provides a number of benefits if tolerated. It is a high biological value protein, which means that the amino acids are highly absorbable. Studies show, when compared to other proteins, whey protein is far superior in its ability to support muscle building and retention. It has also been shown to help serotonin production, which can help with mood, food cravings, and sleep. These are benefits only as long as it does not cause symptoms. (Symptoms mean your immune system reacted to the food and that is never healthy.)

After your goat's and sheep's cheese/milk reintroduction, continue with food reintroductions, following the list below. Unless you have a noticeable reaction, do your trial two times, as directed. We *highly* recommend delaying the reintroduction of cow's milk dairy and wheat until you are close to your goal weight. In the event you eat one of these foods before you intend to, please see pg 14.

Reintroduce Food Allergens in this Order:

- Goat's cheese/milk
- Sheep's cheese/milk
- Whey protein
- Soy
- Peanuts/peanut butter (organic)*
- Eggs (optional)

* We specify organic for lower pesticide residue content and because some experts assert that organic brands are lower in aflatoxin from black mold, a potent liver toxin.

How to Reintroduce Foods: **4 Simple Steps**

1. Food Trial

Starting with goat's cheese, work through the list of food allergen reintroductions on the previous page. On your trial day, eat your Phase 1 diet but add one serving of the allergen you are testing. The trial serving sizes are listed on the next page on the **Food Allergen Trial Record**. Record the details of your trial there. Be sure to do a separate trial for each food listed, leaving 3 days between each trial (see example on the right).

Goat's/Sheep's Cheese Tips: As an example, you could top chili with goat's or sheep's milk cheese. Make sure to read the label, as most feta is made from cow's milk.
Vegan Suggestions: Tofu in stir fry or soy milk in protein shake; peanut butter with apple slices or celery.

Tip: If you experienced a big improvement with any symptoms during Phase 1, we recommend doing your reintroduction on a day you can be at home should a return of symptoms be disruptive.

2. Observe and Record

Over the next 24-48 hours watch carefully for symptoms.

If the food DID NOT cause symptoms:

- Wait 4 days from the trial day (as directed on the right) and eat an equal or greater amount of that food again to be sure there are no symptoms. If there are still no symptoms, you may include that food in your diet, where appropriate. For example, if you tolerate goat's or sheep's cheese, you may replace Daiya cheese, as noted in the meal plans.

If the food DID cause symptoms:

- Record them on your Food Allergen Trial Record.
- Remove the food from the diet, wait until your next trial day, and go to the next food reintroduction.
- If the symptoms were very minor, you can eat the food occasionally or as part of a rotation diet (ask your Practitioner/Coach for the **Rotation Diet Guidelines**). *
- If a food continues to cause significant symptoms, you may have to avoid it for a longer period of time.

3. Listen to Your Body

- If you were uncertain if you had symptoms, eliminate the food and try it again in 4 days.

4. Log Your "Eat with Caution" Foods

- Any foods that caused minor symptoms should not be eaten too frequently, so only eat them occasionally. Use the **Allergen Reaction Guide** on pg 16 to decide how often you can eat them, and record your reactions on the **Controlled Foods Checklist** when all your trials for each allergen are done.

Food Reintroduction Sample Schedule:

Day 1 (Monday): Allergen Reintroduction
Day 2 (Tuesday): Assigned Diet
Day 3 (Wednesday): Assigned Diet
Day 4 (Thursday): Assigned Diet
Day 5 (Friday): Allergen Reintroduction

Please don't forget to record your results on the Food Allergen Trial Record.

Serving Sizes for *Tolerated* Foods AFTER Your Trials. Tolerated foods may be worked into your diet *1-2 times per week*:

- **Goat's/sheep's cheese/milk :** 1 oz. (¼ cup)
- **Soy:** edamame ½ cup, tofu ½ cup, soy milk 1 cup (replaces 1 oz. of animal protein)**
- **Peanuts (organic):** 1/8 cup, peanut butter 1 tbsp. (replaces 1 nut serving)**
- **Eggs:** 1 egg**

**Be aware that 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 much more difficult.*

***Because these foods are highly allergenic, avoid eating them too often in order to prevent development of an allergy or intolerance.*

Food Allergen Trial Record

Continue to follow the Phase 1 meal plan, but on your trial day, eat a food allergen as follows--one per trial.

Goat/Sheep Cheese/Milk	1–2 oz. cheese or ¼ – ½ cup shredded cheese or crumbled feta; 1 cup milk
Whey Protein Powder	1 serving (see nutrition label)
Soy, organic	½ -1 cup tofu, 1 cup soy milk, or ½ -1 cup edamame
Peanuts, organic	¼ cup peanuts, 1–2 tbsp. organic peanut butter (We specify organic, because they have been shown to be lower in black mold than conventionally raised peanuts. Black mold contains aflatoxin, a potent liver toxin.)
Eggs (optional)	1 - 2 eggs

Possible Reactive Symptoms to Look For:

A symptom(s) can occur fairly quickly after eating or might be delayed by as much as 24 hours or more. Here are the symptoms to watch for: headaches, fatigue, depression or other noticeable mood changes (i.e. more negative), joint pain increases, achiness, or increased general pain, bloating, indigestion, heart burn, mental fog, water retention (swollen fingers, etc.), acne, skin breakouts, IBS – like symptoms, constipation or loose stool/diarrhea, or fluctuation between the two, nasal congestion, mouth ulcers (sores on inside of mouth), stubborn weight (very difficult to lose and keep weight off), and increased hunger and/or food cravings.

Food Tried:	Amount:	Date:	
1. Goat's Cheese or Milk			
• Symptoms report:			

Food Tried:	Amount:	Date:	
2. Goat's Cheese or Milk			
• Symptoms report:			

Food Tried:	Amount:	Date:	
3. Sheep's Cheese or Milk			
• Symptoms report:			

Food Tried:	Amount:	Date:	
4. Sheep's Cheese or Milk			
• Symptoms report:			

Food Tried:	Amount:	Date:	
5. Whey Protein Powder			
• Symptoms report:			

Food Tried:	Amount:	Date:	
6. Whey Protein Powder			
• Symptoms report:			

There are more food allergen trial record boxes on next page.

Food Allergen Trial Record

Food Tried:	Amount:	Date:	
7. Soy			
• Symptoms report:			

Food Tried:	Amount:	Date:	
8. Soy			
• Symptoms report:			

Food Tried:	Amount:	Date:	
9. Peanuts/Peanut Butter			
• Symptoms report:			

Food Tried:	Amount:	Date:	
10. Peanuts/Peanut Butter			
• Symptoms report:			

Food Tried:	Amount:	Date:	
11. Egg (optional)			
• Symptoms report:			

Food Tried:	Amount:	Date:	
12. Egg (optional)			
• Symptoms report:			

Food Tried:	Amount:	Date:	
13.			
• Symptoms report:			

Food Tried:	Amount:	Date:	
14.			
• Symptoms report:			

Reminder:
After your trials for each allergen, go to pg. 16 to record your reaction and food frequency recommendation on the **Controlled Food Checklist.**

Food Allergen Reintroduction Trials:
Cow's Milk Dairy and Wheat

Cow's milk dairy and wheat have been staple foods in the Western diet for many decades. In our experience, they are the most problematic allergenic foods to eat on a consistent basis, and it is because they both contain a lot of allergenic proteins. These proteins can cause dramatic immune system activity which can cause symptoms (congestion, loose stools, headache, joint pain, etc.) and inflammation, which can in turn interfere with the ability to lose weight and can even raise your risk for chronic diseases.

If you are using the Metabolic Code Diet primarily for weight loss, we recommend not reintroducing wheat and cow's milk dairy until you are fairly close to your desired weight. (One exception to this rule is whey protein powder, which we discussed earlier.) You can, however, reintroduce and use appropriate substitute foods, such as cheeses or yogurts made from goat's or sheep's milk instead of from cow's milk, and gluten free crackers or bread as occasional starchy foods (see **Starch Serving Sizes**).

If you reintroduce cow's milk or wheat earlier than this point, we recommend not eating the foods any more often than once or twice a month, and that's only if it doesn't cause any weight gain the day after you eat it.

In addition, if the Metabolic Code Diet is being done for other health reasons, such as help with management of a condition like IBS, chronic fatigue, or arthritis… we suggest discussing when to reintroduce wheat or dairy with your Physician/Practitioner, as introducing a food too early can cause quite a setback with how you feel. In some cases, you may want to wait for as long as 6 months, for example.

What if you eat wheat or cow's milk foods earlier than you intended?
While this is not ideal, sometimes this happens. In this case, make sure to jot down the date you ate the food, and be sure to notice how you feel over the next 24 hours. Make sure to weigh yourself the next morning. If the food caused an overnight weight gain of 1–2 lbs, that is from water weight caused by inflammation, and the food should be removed from the diet again.

NOTE:

If at any point you are regaining weight and having difficulty getting it off or having a return of a symptom such as fatigue or joint pain, you should return to eating as you did in Phase 1 of the Metabolic Code Diet. If you do not want to return to a full Phase 1 diet, you can just re-eliminate cow's milk dairy and wheat/gluten to help get the weight back off.

Reintroducing Dairy and Wheat: 4 Simple Steps

1. Food Trial

On your trial day, eat your Phase 1 diet but add one serving of the allergen you are testing. The trial serving sizes are listed on the next page on the **Food Allergen Trial Record**. Record the details of your trial there. Be sure to do a separate trial for each food listed, leaving 3 days between each trial, as you have before.

Dairy Trial Tip: If you like yogurt, it may be good to try it first. Because it is fermented with probiotics, much of the lactose in yogurt is predigested, and many people will tolerate yogurt while they do not tolerate milk or cheese. Although cheese and yogurt have similar proteins, differences in protein structure, processing, and additional ingredients found in yogurt, like lactose and added sugars, may influence tolerance. If you tolerate yogurt, you should still do a separate trial with cow's milk cheese and then one with milk by itself.

2. Observe and Record

Over the next 24-48 hours watch carefully for symptoms.

If the food DID NOT cause symptoms:

- Wait 4 days from the trial day (as directed on the right) and eat an equal or greater amount of that food again to be sure there are no symptoms. If there are still no symptoms, you may include that food in your diet occasionally. See chart at the right.

If the food DID cause symptoms:

- Record your findings on your Dairy/Wheat Trial Record.
- Remove the food from your diet, wait until your next trial day, then do yourto the wheat reintroduction.
- If the symptoms were very minor, you can eat the food occasionally or as part of a rotation diet (ask your Practitioner/Coach for the **Rotation Diet Guidelines**). However, be aware that when foods cause symptoms and are eaten too regularly, they can make weight loss maintenance much more difficult because they are a continued source of inflammation in your body.
- If a food continues to cause significant symptoms, you may have to avoid it for a longer period of time.

3. Listen to Your Body

- If you were uncertain if you had symptoms, eliminate the food and try it again in 4 days.

4. Log Your "Eat with Caution" Foods

- Any foods that caused minor symptoms should not be eaten too frequently, so only eat them occasionally. Use the **Allergen Reaction Guide** on pg 16 to decide how often you can eat them, and record your reactions on the **Controlled Foods Checklist** when all your trials for each allergen are done.

NOTE!

If at any point – you are regaining weight and having difficulty getting it off or having a return of a symptom such as fatigue or joint pain, you should return to eating as you did in Phase 1 of the diet.

AFTER your Trials, REPLACE, DON'T ADD Tolerated Foods at These Serving Sizes:

- **Cow's Milk Dairy (organic):** 1 oz. Cheese*, 6 oz. Yogurt (plain), 1 cup Milk
- **Wheat:** Crackers - Varies (15 g carbs per serving), 1 slice Bread, 1/2 cup Pasta (cooked)**

**Rotate tolerated cheeses, between Daiya, goat's, sheep's, and cow's milk cheese. Choose organic cow's milk dairy to avoid pesticide residues, antibiotics, and hormones present in conventional dairy products.*

***Eat according to the starch serving guidelines, making sure to measure your serving size.*

NOTE: Save these highly allergenic foods for occasional intake, no more than 1-2 times per week. It is best to limit these foods on an ongoing basis.

REMINDER:

If you are using the Metabolic Code Diet to help manage a chronic condition such as arthritis or chronic fatigue, do not reintroduce wheat or dairy without first consulting your integrative health practitioner. Many times a first reintroduction of these foods will cause pronounced and noticeable symptoms. If that is the case, the food should be removed from the diet once again and your health practitioner can continue to use supplements and other measures to help rebuild intestinal integrity and health, and to rebalance immune responses.

Cow's Milk Dairy - Food Allergen Trial

Yogurt (plain)	6 oz.
Cheese	1–2 oz.
Milk	1 cup

Possible reactive symptoms to look for:

A symptom(s) can occur fairly quickly after eating or might be delayed by as much as 24 hours or more. Here are the symptoms to watch for: headaches, fatigue, depression or other noticeable mood changes (i.e. more negative), joint pain increases, achiness, or increased general pain, bloating, indigestion, heart burn, mental fog, water retention (swollen fingers, etc.), acne, skin breakouts, IBS – like symptoms, constipation or loose stool/diarrhea, or fluctuation between the two, nasal congestion, mouth ulcers (sores on inside of mouth), stubborn weight (very difficult to lose and keep weight off), and increased hunger and/or food cravings.

Food Tried:	Amount:	Date:	
1. Cow's Milk Dairy			
• Symptoms report:			

Food Tried:	Amount:	Date:	
2. Cow's Milk Dairy			
• Symptoms report:			

Food Tried:	Amount:	Date:	
3. Cow's Milk Dairy			
• Symptoms report:			

Wheat - Food Allergen Trial Record

Continue to follow the Phase 1 meal plan, but on your trial day, eat a food allergen as follows--<u>one</u> per trial:

Crackers	8
Bread	1 slice
Pasta	½–1 cup

Reminder:
After your trials for each allergen, go to pg. 16 to record your reaction and food frequency recommendation on the **Controlled Food Checklist.**

Food Tried:	Amount:	Date:	
1. Wheat			
• Symptoms report:			

Food Tried:	Amount:	Date:	
2. Wheat			
• Symptoms report:			

Food Tried:	Amount:	Date:	
3. Wheat			
• Symptoms report:			

Controlled Foods Checklist

As you work your way through your food reintroductions, please record your findings below.
This worksheet will help you pull all of your starch and food allergen discoveries together into a plan that you can follow on a daily basis.

-Starchy Foods-

Starchy Foods (1 serving = 15 g carbs)	**Ideal Total # Servings (per day or week)**
Starchy veggies (potato, sweet potato, green peas, corn, grits, popcorn), rice, quinoa, oats, gluten free bread, pasta, snacks	

-Food Allergens-

Allergen Reaction Guide

Use the reaction guide to the right to help you fill in the third column of the chart below. Write in the corresponding frequency for your level of reaction, as written in the guide. 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.

Reaction:	Limit Intake to:
Severe	AVOID; If anaphylactic, do not try again unless doctor supervised
Moderate	1-2 times per month; up to once every 3-4 months, as tolerated
Mild	no more than once per week
No noticeable reaction	1-2 times per week

Food Group	Level of Reaction (circle one)	How Often I Can Eat This Food:
Corn (this is also a starch)	No Noticeable Reaction - Mild - Moderate - Severe	
Goat's cheese/milk	No Noticeable Reaction - Mild - Moderate - Severe	
Sheep's cheese/milk	No Noticeable Reaction - Mild - Moderate - Severe	
Whey protein	No Noticeable Reaction - Mild - Moderate - Severe	
Peanuts	No Noticeable Reaction - Mild - Moderate - Severe	
Soy	No Noticeable Reaction - Mild - Moderate - Severe	
Eggs	No Noticeable Reaction - Mild - Moderate - Severe	
Highly Allergenic- Eat with Caution:	_____	_____
Cow's milk	No Noticeable Reaction - Mild - Moderate - Severe	
Wheat/Gluten	No Noticeable Reaction - Mild - Moderate - Severe	

Metabolic Code®
DIET&NUTRITION
LOOK GOOD, FEEL BETTER

What Did You Discover and What Does it Mean for You?

If over a period of time, you try reintroducing the same foods a few times and get the same reactions, you may need to eliminate these foods completely or work with your Practitioner to explore therapies such as Sublingual Immune Therapy (SLIT) to address allergies and sensitivities.

The hope is that after food elimination and working with your Practitioner/Coach to help restore optimal intestinal health via supplements, each time you reintroduce the food you will be able to tolerate some of the food with no appearance of symptoms. The goal is to determine how many times a week or month you might be able to enjoy a food without becoming symptomatic. This is your magic number for that food, and is important for being able to maintain weight loss, as well as overall health. For example, you may be able to tolerate organic cream or half and half in your coffee when you are out of the house, but still need to use soy, almond, or coconut creamer most days at home to ward off signs and symptoms of allergies such as a runny nose.

In Summary, Phase 2 is a combination of your Phase 1 menus, to which you've added your personalized added starch amounts and allergenic foods that you tolerate. You will continue to follow this until you reach your weight loss goal. However, Phase 3 guidelines contain important survival tactics and tips for special occasions that will be useful as you continue your weight loss. Therefore, we suggest reading the Phase 3 Maintain guide to equip you with the tools you need to be successful through the daily food challenges we all face.

Now... on to Phase 3 for your continued journey to better health!

Metabolic Code®

DIET&NUTRITION

LOOK GOOD, FEEL BETTER

metaboliccode.com

Metabolic Code® Diet Disclaimer: Any diet or nutrition program can affect your health and may carry risks. Always consult a qualified healthcare professional before changing your diet or beginning any exercise routine. Anyone with an existing disease, medical condition and/or on medication should consult with a qualified physician or health practitioner to make sure a change in diet or lifestyle can be safely undertaken. Use of a Metabolic Code program or information implies that you take responsibility for all risks inherent to nutrition and lifestyle programs.