



Healthy Eating-Guide

Guidelines and tips to build new and delicious eating habits for improved health and weight. Based off of principles from the

Ready to Make Better Food Choices for Better Health?



Not ready or sure if you want to do the full Metabolic Code Diet (MCD), but interested in making better food choices that are more healthful, more anti-inflammatory, and lower carb? Then this guide is for you! This healthy eating guideline is designed to start addressing some of the best dietary changes you can make for feeling better while laying some of the groundwork for being able to do the full blown Metabolic Code diet at some point if desired.

What IS the MCD and how does it impact this guide? Understanding this will help these eating guidelines make sense. The MCD is a 3-phase diet that helps you discover the impact different foods are having on your body, because food choices have powerful effects on your metabolism - both positive and negative. Seeing the effects of different foods first hand helps you continue to choose healthier foods on an ongoing basis, making it a lifestyle not just following it as a temporary diet.

The 2 main goals for the Metabolic Code Diet are to:

1. Lower the glycemic load of the diet to reduce inflammation and promote weight loss and therefore reduce risk of disease. In MCD Phase 1, the highest glycemic foods are removed completely at first (refined sugars/sweets and starchy foods like breads, buns, pasta, potatoes, rice, etc.). This is the most powerful way to make sure meals will not block fat burning by causing prolonged elevations in insulin after eating. Instead, lower glycemic vegetables, fruits, and beans provide the carbs in the diet.

These foods are also high in antioxidants, so you get a lot of bang for the buck with them. Phase 2 then guides a process of adding starches back into your diet, helping you find a level of intake that you can do on an ongoing basis without regaining weight.

Most people overeat carbs, leading to health and weight issues over time. These Healthy Eating Guidelines will get you started learning how to reduce the carb load of your diet.

2- Discover if food allergies or sensitivities are causing negative effects in your body. Food sensitivities can have a huge influence on your health. The immune cells in the gut can react to food allergens causing a lot of internal inflammation, which can affect everything from your moods, to sleep quality, to aches and pain, to irritable bowel symptoms, AND all this together can also affect your weight. MCD Phase 1 removes the top food allergens- wheat/gluten, cow's milk dairy, soy, and peanuts, so that later in Phase 2 you can reintroduce the foods and see if they are causing symptoms. People are frequently surprised by how their bodies react to these food allergens when they are eaten again.

In these Healthy Eating Guidelines, we guide you on starting to reduce your intake of the top 2 allergens, wheat and cow's milk containing foods.

This is a good place to start, and later you can always do the full Metabolic Code Diet, if desired, by asking your Wellness Coach/Practitioner.

Healthy eating means not eating very many refined, processed foods. While ditching the white flour and sugar may sound easy, you don't build a healthy diet without knowing what you ARE going to eat. Here are some pointers.

Focus on Eating these Healthy, Anti-Inflammatory, Whole Foods:

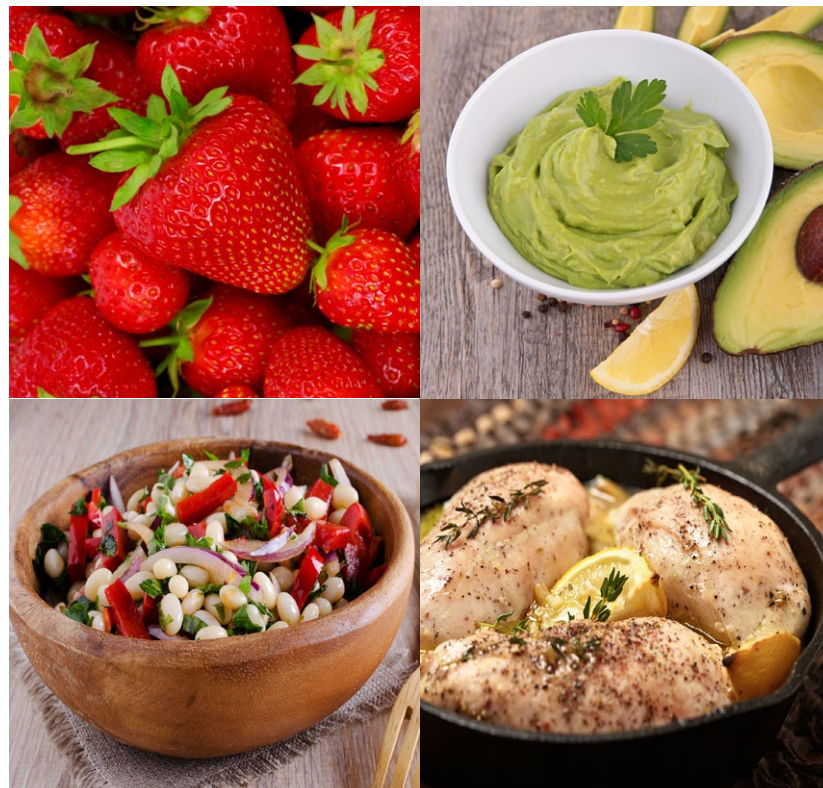
■ **Non-Starchy Vegetables-** Lettuce, greens, celery, carrots, green beans, broccoli, cauliflower, beets, asparagus, zucchini, squash, cucumbers, brussels sprouts, cabbage, onions, bell peppers, radishes, mushrooms, spinach, and tomatoes are extremely nutritious and contain very few calories. Eat a variety for a variety of nutrients. This is one food category where you can eat as much as desired, with a goal of 10-12 servings per day. If you currently don't regularly eat vegetables, try to eat at least 3-4 servings per day, and build up from there. **1 cup raw or ½ cup cooked = 1 veggie serving.** Half of your plate filled with veggies will equal about 3 servings. It also helps to use a "swap" method. Instead of a sandwich on white flour bread or buns, wrap your sandwich fixings in a romaine lettuce leaf. Instead of pasta, eat meat sauce on cooked zucchini noodles.

■ **Clean Animal Proteins-** Using the palm of your hand to guide portion size helps you eat an appropriate amount for your body size. Eating this amount of protein at breakfast, lunch, and dinner helps keep blood sugars stabilized and helps control hunger.

■ **Fruits-** Contain natural sugars, but are high in carbs, so be careful not to over eat fruit. (We suggest women can eat 1-2 servings/day, men 2 -3 servings/day.)

■ **Healthy Fats-** Avocado, avocado oil, extra virgin olive oil, coconut oil, organic butter, and others. Nuts and seeds provide healthy fats too, but are so important we make them a category of their own. Part of what makes a fat healthy or not is making sure when you cook with oil you use oils that tolerate heat. (See page 13.)

■ **Unsweetened Almond, Cashew, and Coconut Milk-** Using these milks in protein shakes will help you reduce your intake of cow's milk. (See page 6.)



■ **Nuts and Seeds-** Contain healthy fats, are loaded with trace minerals that your body needs, and help control appetite. They make great snacks, and eating a handful after lunch and dinner helps control appetite (2 servings/day). Rotate the types of nuts and seeds you eat. If you choose nut/seed mixes, be sure there is no added sugar like chocolate chips and candy.

■ **Beans-** Like kidney, black, and pinto beans are high in fiber and protein, and loaded with antioxidants. Beans contain some starch, but because of the fiber and protein, they are one of the lowest glycemic load sources of carbs you can eat. Get beans in a couple of times a week, as a side dish or in foods like chili.

■ **Flax and Chia Seeds-** These are a healthy way to add fiber and nutrients to your diet. They are great added into protein shakes or to cereals like oatmeal. Chia Seeds can make a very tasty pudding. (Ask your Wellness Coach for a recipe.)

Building Healthy, Balanced, Delicious Meals

GOAL:

- 1/2 plate = non-starchy veggies
- 1/4 plate = clean protein
- 1/4 plate = starchy veggie (preferred) or other starchy food



Breakfast	<p>► High protein breakfasts are crucial. Eating protein with breakfast helps to control hunger throughout the day and keep blood sugar levels more stable. Aim for at least 3 oz. or 21 g protein. Studies have shown that eating enough protein at breakfast leads to consuming an average of 500 fewer calories per day.</p> <p>■ Protein Shakes- protein shakes with a ½ cup fruit, and added chia/flax seeds, unsweetened almond or coconut milk (opt'l: leafy greens, nut butter, unsweetened cocoa) are a great breakfast that you can make and drink in your car on your morning commute.</p> <p>OR</p> <p>■ 1-2 eggs and 1-2 strips of turkey bacon or other breakfast meats, non-starchy veggies (like in an egg omelet), maybe avocado as a healthy fat, and 1 fruit, if desired.</p> <p>Note about Starch: If you eat cereal or toast occasionally, choose whole grain, high fiber versions and always eat protein with it. Steel cut oats are the best oats choice.</p>
Lunch	<p>► Protein + Non-Starchy Veggies + Fat (Optional: Beans, Nuts/Seeds)</p> <p>■ Salads and/or non-starchy vegetables with a protein like grilled chicken.</p> <p>■ Leftovers from dinner make a great, quick lunch.</p> <p>■ If you choose to eat out, select a salad with a protein source such as a grilled tuna steak or chicken breast. For soups, focus more on broth-based, vegetable varieties, and try to limit those prepared with cream and cheese. Soups to avoid are loaded potato and broccoli cheese soups, due to high carbs and calories from the added cheeses, etc.</p> <p>Note about Starch: If eating a starchy food, eat reduced portions. A general guideline is to eat half what you normally would.</p>
Dinner	<p>► Protein + Non-Starchy Veggies + Fat (Optional: Beans, Nuts/Seeds)</p> <p>■ Protein with cooked vegetables and/or a salad with healthy fats.</p> <p>■ Beans can be added to a salad, or meal dish, like chili, in soup, as a side dish, etc.</p> <p>■ Starch*: ¼ of a typical (not over-sized) dinner plate, or about 1/2 -1 cup of starches like sweet potatoes, peas, corn, brown rice, quinoa, rice, or potatoes. Tip: Using a smaller plate can help with portion control.</p> <p>*Some studies show holding off on eating starches until dinner helps with weight loss .</p>

Quick & Easy Serving Size References

When you're away from home, and you don't have measuring cups, you can use this chart to help estimate how much you are eating.

Food	Serving Size	Object Comparison
Protein- poultry, fish, beef, etc.	3-6 oz.	Size and thickness of the palm of your hand or a deck of cards
Egg, whole	1 egg	--
Non-Starchy Vegetables, Raw	1 cup	1 Tennis Ball
Non-Starchy Vegetables, Cooked	1/2 cup	1/2 Tennis Ball
Nuts/Seeds	1/2 oz.	Amount that fills your cupped hand
Beans	1/2 cup	1/2 Tennis Ball
Salad Dressing (avoid sweetened)	2 tablespoons	1 Shot Glass
Cheese and other Dairy	1 oz.	2 Dice

A KEY Tip for Success...

Balance your meals by combining a serving of protein and/or healthy fats (preferably both) with healthy carb foods like non-starchy veggies, fruit, and controlled portions of starchy veggies.



Serving Sizes for High Glycemic Carbs: Fruit & Starchy Foods

Controlling portions on the higher glycemic load foods (fruit and starch) is one of the best ways to improve your diet, because it helps manage blood sugar. A serving of fruit and starch is the amount it takes to give you 15 g of carb. The serving sizes vary widely in fruit because some fruit contain more natural sugars than others. Below are two charts of serving sizes for fruit. **The first chart has object comparisons to help “eyeball” serving sizes which is useful when eating away from home.**

The other chart has specific serving sizes for different types of fruit. This can be used when you can actually measure your serving size, like at home. This helps you see that, for example, if you bought a watermelon, you can eat 2 1/2 cups and not be overdoing it.

Fruit Serving Sizes		
Food	Serving Size	Object
Fruit, fresh (in general)	1/2 cup cut up fruit	1/2 Tennis Ball
Apple, Pear	1/2 medium to large	1/2 Tennis Ball
Strawberries, Watermelon	1 cup, rounded	1 Tennis Ball
Dried Fruit, Raisins	2 tablespoons	1 Ping Pong Ball

Starch Serving Sizes		
Food	Serving Size	Object
Cooked rice, rolled oats, quinoa, pasta	1/2 cup	1/2 Tennis Ball
Bread	1 slice	--
Pancakes, waffles, crackers, chips, pretzels, bagel, cereal	15 g carb = 1 serving (Check labels*)	--
Sweet corn, sweet potato/ yam, potato	1/2 cup	1/2 Tennis Ball

Specific Serving Sizes of Fruit
1/2 medium pear, small mango, papaya
1/2 large grapefruit, or 3/4 cup canned sections
1/2 large pear, or 1/2 cup canned
3/4 cup blueberries or 3/4 cup fresh pineapple (1/2 cup canned)
1 cup raspberries, blackberries, melon
1 1/4 cup strawberries, watermelon
1 extra small or 1/2 medium banana
1 small apple, nectarine, orange, kiwi
1 medium peach, or 1/2 cup canned
2 small plums, clementines/tangerines
4 fresh apricots, 1/2 cup canned
12 fresh cherries
17 small grapes (or 8 large grapes)



*The serving size of some chips may be 20 chips, with 18 grams of carb, or others maybe 8 crackers with 12 g of carb. So with one food you are a little over the 15 g carb goal and the other you slightly under, but they would average out over time. Bagels are typically 2 carb servings in each half, so tread lightly there. It's better to have a piece of whole grain toast that is 12 g of carb for the whole slice.

Start to Reduce Intake of Highly Allergenic Foods

Most people eat cow's milk dairy products every day, whether it's in cheese, yogurt, ice cream or milk itself. The same goes for wheat. Most people eat it almost every day. Because these highly allergenic foods can be so problematic for health, we recommend trying to eat them no more often than 1 time every 3 to 4 days.

■ Cow's Milk Dairy Products (milk, cheese, yogurt, etc.)

If your body is reacting to the allergenic proteins in dairy foods, it can cause a number of symptoms and issues.* ***Beyond being bothersome, continuing to eat foods you react to causes inflammation and damage to your body.*** When you do eat cow's milk dairy products, choosing organic versions is preferred to avoid chemicals, antibiotics, and growth hormones. **Try substituting with these:**

- Almond, cashew, or coconut milks (unsweetened), yogurt, ice cream, etc.
- Daiya dairy free cheese, cream cheese, sour cream
- Goat's or sheep's milk products



■ Wheat/Gluten-Containing Foods (baked goods made from wheat, rye, or barley, including: bread, buns, pasta, crackers, pancakes, waffles, tortilla wraps, pitas, etc.)

These are also highly allergenic foods and can cause numerous symptoms* and issues for many people. We recommend limiting these, and even eliminating them if they cause you symptoms. These are also starchy foods, so pay close attention to serving sizes: 1 serving = 15 grams carb

When choosing starchy foods, quality counts. Use this as your guide:

- **Choose most often:** sweet potatoes, peas, corn, brown rice, quinoa
- **Choose less often:** white rice, white potatoes
- **Choose these least:** wheat or white bread, baked goods (croissants, muffins)

*Possible Symptoms of a Food Intolerance/Sensitivity:

After not eating wheat or dairy for a few days, you can watch to see if you get symptoms when you eat the food. If you do, you know it is creating inflammation in your body. A symptom(s) can occur fairly quickly after eating or might be delayed by as much as 24 hours or more. Symptoms can be headaches, fatigue, depression or other noticeable mood changes, increased joint pain, achiness, or increased general pain, bloating, indigestion, heart burn, mental fog, water retention (swollen fingers, etc.), skin rashes, IBS – like symptoms, constipation or loose stool/diarrhea, or fluctuation between the two, nasal congestion, runny nose, mouth ulcers (sores on inside of mouth), stubborn weight (very difficult to lose and keep weight off), and increased hunger and/or food cravings.

If you are suspicious you have a food sensitivity, remove the food for at least 2 weeks to see if you relief from the symptom(s). Then, eat a serving of the food to see if symptoms return. Be sure to only test one food at a time so you know which food is causing the symptom(s).

Foods to Greatly Limit or Avoid:

- **Wheat/Gluten, Dairy, or any other food you know causes you symptoms-** as previously discussed
- **Sweets-** including candy, cookies, cakes, pastries. When you crave something sweet, a good go-to is to eat a little fruit instead. See page 10 for tips on reducing sugar intake.
- **Sweetened Drinks-** soda, sweet coffee drinks, juice, smoothies loaded with sugar, sweet tea, high sugar mixed alcoholic drinks, etc. If you want an occasion smoothie, get a smaller size and look for lower sugar versions. Use soda or sparkling water as mixers in mixed drinks. Avoid sweet tea all together, it is almost always sweetened with high fructose corn syrup and can cause elevated triglycerides. Buy unsweetened and use a healthier stevia based sweetener instead.



These Foods and Ingredients are *Harmful* to our Bodies and Should be AVOIDED

- **Trans Fats (partially hydrogenated oils)-** like in margarine, processed foods, and baked goods. Trans fats are still lurking in the food supply, though a push is underway to get them out of foods all together. Until then, be diligent to check food labels. They tend to be found in cheap packaged cookies and snacks, some microwave popcorns, but they can also still be found in some protein bars. Trans fats increase health risks dramatically for things like heart disease and cancer, so make label reading a habit.
- **Diet Soda/Drinks/Foods with Artificial Sweeteners (acesulfame K, sucralose, or aspartame)-** even just one serving a day increases health risks. Occasional intake of a diet soda may have no ill-effects on the body, but remember, there is nothing nutritive about the drink that will benefit your body. So, why put chemicals into it that could be a problem? If you have a soft drink habit, ask your Wellness Coach/Practitioner for our guidelines on kicking the soft drink habit.
- **High Fructose Corn Syrup-** is an industrial sweetener that contains much higher fructose than most foods found in nature. It is debatable whether this sugar is worse than others, but we have seen many people with regular intake of high fructose corn syrup in things like sweet tea and soft drinks, that end up with very elevated triglycerides. It is also found in many processed foods and other sweetened drinks, and can lead to obesity and disease.

Navigating Restaurant Menus for Healthy Choices

Part of working toward a lifestyle of healthy eating includes making good choices when eating out at restaurants. Think about it as a progression of transitioning to better quality foods that will benefit your body, instead of harming you. Begin the mental shift of consciously seeking out and ordering healthier foods- foods that will make you feel good and guilt-free after you eat them. Day by day, work on taking steps in the right direction, and before you know it, you will look back and not believe what you used to eat.

Tips and Ideas for Healthy Restaurant Meals:

■ **Choose meals centered around a protein with vegetables and/or a salad, like these:**

Grilled chicken salad with lots of veggies

Chili with a small baked potato

Grilled or baked seasoned fish with cooked veggies and brown or wild rice

Taco salad with ground beef, lettuce, tomato, guacamole, and salsa

Lettuce wraps instead of a flour wrap with deli turkey, veggies, avocado, pickles, mayo and/or mustard

Fajitas with chicken, shrimp, steak with grilled veggies, guacamole, pico de gallo, salsa, and a side of beans



■ **Make better food quality choices.** If you currently eat out a lot at low quality fast food restaurants, then start by cutting that amount in half the first week. Then the next week cut that amount in half again, and so on, weaning yourself off of fast food almost entirely, eventually. If you eat fast foods for lunch, consider packing a healthy lunch and/or seek out healthier quick meals, like instead of a burger place, a Chipotle salad bowl.

■ **Start thinking differently about carbs to help you limit them. Here's some good "self-talk" with tips:**

Should I really eat that processed, flavorless, white bun? Reduce the carbs in half by eating only half the bun.

Why eat a burrito when I can enjoy all the delicious flavors of the Chipotle ingredients on a salad and leave feeling good? Eat a salad bowl with healthy proteins and salsas, and guacamole for a filling healthy fat. Add veggies and limit or leave off sour cream and cheese.

Are croutons really necessary on my salad? I'd rather enjoy my carbs another way. Leaving off croutons also helps you avoid wheat.

Should I really eat that plate of pasta and feel uncomfortable? If possible, get pasta as a side dish, and try to eat no more than 1 cup. Or choose a delicious entrée without pasta, like cioppino with a salad, chicken marsala with a salad.

Look at all that rice... with SO many carbs! When eating Chinese or other Asian foods, eat more salad and vegetables to fill up. Try to limit rice to a tennis ball sized amount. 3 pieces of sushi with rice = 15 g carb. Get sashimi instead or cucumber wrapped sushi.

How can I control my French fry intake? Save a ton of carbs by enjoying some of those fries and sharing the rest. Or get a small serving and don't eat the bun on your burger.

Breaded foods may taste good, but I'll feel so much better by avoiding foods like fried fish, chicken nuggets, onion rings, breaded chicken wings, etc. Look for fresh grilled or baked fish or chicken with roasted, steamed, or sautéed veggies make a delicious and healthy meal, as well as non-breaded chicken wings with celery and carrot sticks.

What about my sub sandwiches? Switch from a sub to a salad with lots of veggies, a tasty dressing, and seasonings. One 6 inch sub bun usually contains about 50 g of carb. Have a small bag of chips or apples instead of all the carbs and wheat in that bun. 1 small bag of chips is typically only about 15 g of carb. One bag of apple slices, usually about 10 g carb.

Navigating Restaurant Menus for Healthy Choices... cont'd



■ **Cut down portion sizes.** Restaurants tend to serve up large portions that provide too many calories. Consider splitting a meal with someone, or when it arrives, put half of it in a to go container to take home and enjoy the next day as a ready to go meal!

Cutting Back on Sugar

■ **Cut down and wean off sweet drinks and soda.** This will save you a lot of sugar, calories, and unhealthy ingredients that go down fast and add up quickly. Switch over to water or water with lemon. The money you save on unhealthy drinks can go toward healthy food choices!

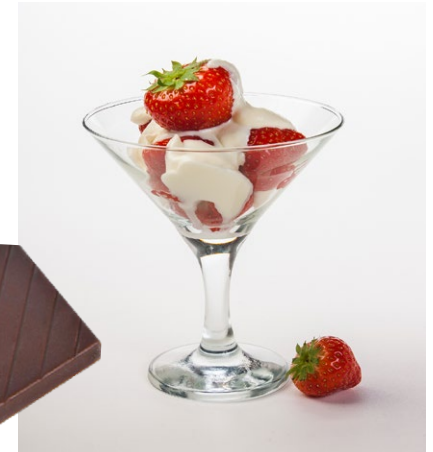
■ **Avoid foods that can be very high in sugar.** Sauces, like barbeque sauce on ribs, dressings like French and Thousand Island, and drinks, like sweet tea. Many Chinese foods are particularly high in sugar- think orange chicken. As a general rule, if it tastes sweet, it has added sugar.

■ **Limit desserts to occasional treats/special celebrations.** Special desserts are a part of life that are enjoyable. Everyone knows we should watch how much we eat due to their high sugar content, but the key is finding a way to incorporate them into your healthy diet.

Cut back on the portion- share it with others or take some home for later

Choose fruit or dark chocolate- for a healthy treat

Close out your meal with a coffee and a little honey, stevia, or sugar



Tips to Reduce Sugar Intake



■ **Cut out sugary drinks and enjoy sparkling and/or flavored water drinks instead-** Drinks sweetened with stevia and/or erythritol are the best choices. Look for drinks that are flavored with either natural flavors or a little fruit juice, and that contain no other ingredients like artificial sweeteners or preservatives like potassium citrate or potassium bromate. (Just FYI, natural flavors may be derived from GMO foods.)

■ **Stick with ALL the delicious and healthy, low glycemic foods on pages 2 to 3-** The great news is that these foods give your body the nutrition and energy it needs without the unhealthy, blood sugar-spiking, added sugars.

■ **Get sugar out of your home-** Clean out the sugary foods from your food pantry, fridge, freezer, and any other place in your home to create a “clean,” temptation-free environment. This step is critical. If it’s not there, you won’t eat it. Then, fill your kitchen with ready-to-grab, MC-recommended, healthy snacks and foods, so when it’s time to eat, you’ve set yourself up for success!

■ **Purposefully enjoy your fruit servings-** Retrain your brain to see fruit as your “sweet” each day. As your sweet tooth dials down after eating this way, fruit will seem sweeter and really be a treat! Enjoy each bite and think about all the healthy nutrients it gives your body. By having 1-2 fruit servings each day, this allows some natural sugars, which can really help fill the cravings for a little sweet taste versus going cold turkey and not having even any fruit.

■ **Cut out processed, high sugar foods-** Avoid foods that don’t resemble foods found in their natural state- foods that come in boxes or packages that have long lists of ingredients you don’t know or ones you know are not healthy, like yogurt bites and fruit roll ups. Enjoy whole fruit instead.

■ **Focus on naturally sweet and savory foods-** This can really help keep you on track. For example, sautéed and seasoned veggies get a nice sweet and savory flavor that can hit the spot, but provide your body the nutrition it needs to function well, be healthy, and drop excess weight.

■ **Read labels and avoid sugar/ingredients ending in “ose”-** Sugar has many names, so knowing them and reading labels is needed. Some names include: cane sugar, maple syrup, corn syrup, rice syrup, agave nectar, honey, and maltodextrin. Fructose, glucose, lactose, maltose, sucrose are examples of sugars that end with “ose.” Sugar is sugar, and all forms of it spike blood sugar levels. Compare products to find the lowest sugar versions of foods like spaghetti sauce and salsa. No added sugar versions are preferable.

■ **Eat regularly to avoid hunger-** A HUGE key is to not allow yourself to get really hungry, because many people will grab for the quickest thing they can find – a candy bar or cookie - when their blood sugar drops and they start feeling that low energy and hunger. This is how managing your hunger will go far in helping you steer clear of sugar.

■ **Manage stress and get enough sleep-** Chronic stress can drive carb cravings and disrupt sleep. If you notice strong carb cravings when trying to cut down on starch and sugars, you may benefit from supplements that help manage stress response and support better sleep.

For people who have tremendous difficulty avoiding sweets, we recommend our ***Reducing Sugar Intake*** pdf.

More Pointers for Healthy Eating

■ **Choose Mostly Whole, Unprocessed Foods-** (think produce, eggs, chicken breast, nuts, seeds, etc.). Processed foods are packaged in boxes and bags often have unhealthy ingredients, additives, artificial flavors and colors, high sugar and sodium, poor quality vegetable oils and unhealthy partially hydrogenated fats, and more. When choosing packaged foods, look for foods with healthy ingredients, like Jilz Crackers made from organic nut and seed flours (almond, chia, and sunflower seeds). Tuna and canned organic beans are healthy time savers. Look for low sugar salad dressings with healthy oils like olive oil.

■ **Choose Organic Vegetables and Fruits as Much as Possible** (see right). Buying organic foods helps to reduce your intake of pesticides that can interfere with our blood sugar and weight. Also when eating foods that contain corn, like corn tortillas or tortilla chips, try to find those made with organic corn. Corn and soy, unless they say organic, are mostly genetically modified (GMO), and therefore sprayed with glyphosate, a probable carcinogen.

■ **Choose Clean Animal Proteins-** Try to buy organic or proteins raised with other more sustainable and healthy farming methods, like free range farming. Eating proteins from animals fed organically raised grains and foods will cut down on intake of pesticide residues in the food. Avoid farmed fish. They are fed grains and do not have nearly as healthy of fat compared to wild caught fish. Grass fed beef also has a much healthier fatty acid content than grain fed beef. On deli type meats, like for those that do not add sodium nitrite or nitrates like Boar's Head, Dietz & Watson, Applegate, and others.

■ **Eat During the Day and Avoid Skipping Meals-** Our body's hormone systems are designed to deal with nutrients during the day- not at night. Try to eat between 8 am and no later than 7 pm. Eat enough at meals to avoid getting hungry and grabbing the quickest thing- a candy bar or cookie. Having breakfast, lunch, and dinner, provides great nutrition and can keep hunger controlled all day, and helps avoid over-eating in the evening.

■ **Cut your Current Carb Intake by at Least Half.** Then consider weaning down from there. Especially cut out refined flours/sugars. The more you cut down these high glycemic foods, the more reduction you will have in inflammation. And if needed, you'll be more likely to lose weight as well.

Organic Food Choices



We suggest using organic foods as often as possible because some chemical residues in foods can contribute to metabolic disruptions like insulin resistance or thyroid hormone disruption. Using organic foods as often as possible lowers the toxic burden of the body, and frees up the body's detoxification pathways to work on other toxins which you are exposed to from the environment.

This can be crucial to helping avoid weight loss plateaus. It has been demonstrated that one reason people may hit weight loss plateaus is because when fat tissue is burned and broken down, toxins stored in our fat cells are released. Once released, they can re-affect insulin receptors and/or thyroid hormones slowing weight loss. By eating organic foods and a diet very rich in fruits and vegetables, you can help the body get rid of stored toxins and get weight loss moving again.

While this is ideal, many people do not have organic foods available in their area or if they do they can't always afford them if the cost is higher. Our goal is just to make sure you are aware of the ideal and do the best you can! If you have never tried organic produce before, we think you may be pleasantly surprised; without the chemical residues organic produce tastes much better.

"The Dirty Dozen"

The Environmental Working Group, tests produce each year to determine how fruits and vegetables rank in regards to pesticide residue. They provide a list called "The Dirty Dozen", which includes the top 12 contaminated fruits and vegetables, and the "Clean 15," which are the least contaminated. You can find the lists here: <http://www.ewg.org/foodnews/summary.php>

Healthy Beverage Choices

■ Hydrate with Filtered Water, Tea (regular and herbal), Coffee

■ **Try a Refreshing Twist on Water: Fruit Water-** add a natural burst of flavor to water by adding cut up fruit to a pitcher of water and allowing it to sit overnight in the fridge. There are lots of great ideas on the right and online.

■ **Enjoy Sparkling or Flavored Water Drinks-** These are sweetened with natural flavors, stevia, and/or erythritol, and no artificial sweeteners, which can have negative health effects and should be avoided. These can satisfy a sweet tooth and keep you on track without affecting your weight. Some examples include La Croix, Bubly, or store brands, or a flavored drink like Bai.

■ **Cut Down on Caffeine Intake if Sleep is a Problem.** From coffee, soft drinks, energy drinks, etc. This is especially important when you have problems sleeping. A cup or two in the morning is ok, but be aware of what you add to it. Coffee is often a vehicle for taking in a lot of sugar. Also, if you are drinking a lot of soft drinks or sweetened energy drinks, you need to get off the sugar, and therefore you will also need to go through a process of weaning off caffeine. For guidance on this, see our **Weaning Off Caffeine** pdf.



Fruit Water - Your Hydration Solution!

Not a fan of water? No problem!

Water is essential to our health and wellness, but it doesn't have to be boring getting your recommended amount. Try this: Simply add water to a pitcher, some sliced fruit, and refrigerate. The fruit in the water gives it a refreshing, wonderful flavor, without added sugar, color, or artificial flavors or sweeteners. You can even refill the pitcher with water, using the same fruit for a number of times.

For great tasting water that is super simple, just add lemon, lime, pineapple, watermelon, raspberries, strawberries, or any fruit of your choice. You can also get a creative by adding different fruit combinations like orange-strawberry, and raspberry-lime. Toss in fresh herbs like a sprig of mint, rosemary, basil, sage, or lavender to add a new twist of flavor. Try blackberry-sage, watermelon-mint, or whatever combination you can think of. Have fun and enjoy drinking your delicious water each day!

As a life-long "disliker of water," keeping a pitcher of water with sliced strawberries and oranges in the refrigerator has enabled me to enjoy the healthy benefits of water in a delicious way.

I'm so grateful for this tasty idea!

-Nancy L.

Healthy Fats

In recent years, we have learned that when following a lower carbohydrate diet, higher intake of fats (in the 30-40% of calories range) can be healthy AS LONG AS the type of fats you eat are healthy. By healthy we mean fats that help us achieve a better omega 6 to omega 3 ratio, while taking great care to avoid partially hydrogenated oils because they contain trans fats. Americans tend to eat diets very high in processed omega 6 oils and do not get enough omega 3 fats, which promotes inflammation in the body.

Olive oil contains omega 9 monounsaturated fats, and studies have shown when we replace high omega 6 oils like corn and soybean oil with olive oil, it improves cholesterol profiles.

The other consideration for healthy fats is knowing appropriate uses for cooking. When fats and oils are heated above the temperatures they can tolerate, it creates peroxide-free radicals and other toxic compounds, which are harmful to health. Use the chart below to guide your choices.

LOW OR NO HEAT	LOW/MEDIUM HEAT	MEDIUM HEAT	MEDIUM/HIGH HEAT	HIGH
> 225° F to 249° F (> 107° C to 120° C)	> 250° F to 324° F (> 121° C to 161° C)	> 325° F to 374° F (> 162° C to 189° C)	> 375° F to 449° F (> 190° C to 231° C)	> 450° F to 650° F (> 232° C to 343° C)
Used to drizzle over already cooked foods, added to protein shakes or for salad dressings.	Good for lower heat slow-cooking, for examples, use for stews, stocks, and reductions.	Simmer or reduction, can be used to cook food all the way through or to finish cooking foods started in high heat	Pan frying. Provides sear and the lower heat finish-cooks the product.	Sautes, grilling, and pan roasting. Provides a sear and lower level heat finish-cooks the product.
Oil Smoke Points: Unrefined Canola Oil (226° F / 107° C) Pumpkin Seed Oil (250° F / 121° C) Do Not Heat: Flax Seed Oil High Quality Omega 3-6-9 Oil Blends	Oil Smoke Points: Virgin Coconut Oil (280° F / 138° C) Organic Butter (250° - 300° F, 121° - 149° C)	Oil Smoke Points: Coconut Oil (350° F / 177° C) Hemp Seed Oil (330° F / 165° C) Extra Virgin Olive Oil (375° F / 191° C)	Oil Smoke Points: Refined Sesame Seed Oil (445° F / 229° C) Grape Seed Oil (428° F / 220° C) Refined Canola Oil (400° F / 204° C) Ghee (Clarified Butter) (400° F – 500° F) (204° C – 260° C) Macadamia Nut Oil (390° F / 199° C) Refined Walnut Oil (400° F / 204° C)	Oil Smoke Points: High Oleic Canola Oil (475° F / 246° C) Extra Light Olive Oil (468° F / 242° C) Refined Avocado Oil (520° F / 271° C) Refined Safflower Oil (510° F / 265° C)



NOTE: If you notice smoke from oil when heating it, turn down the heat to avoid unhealthy chemical changes.

Canola and Grapeseed Oil

Canola oil and grapeseed oil are rather controversial oils, and there is a lot of misinformation about them. Both of these oils can be healthy when processed correctly. To read more about these oils, click on this link: <http://www.spectrumorganics.com/?id=240>

Coconut Oil

Coconut oil contains mostly saturated fats, not polyunsaturated. However, it is considered a healthy saturated fat, because it contains lauric acid and caprylic acids, which have antioxidant properties and help maintain good intestinal and immune health. In addition it has medium chain triglycerides (MCTs), which are a source of quick energy for the body. Look for a high quality organic coconut oil, such as Spectrum brand..



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