

Cow's Milk Dairy and Wheat/Gluten **Elimination**

Weight Loss - **Week 2**



Cow's Milk Dairy and Wheat/Gluten **Elimination**

Because cow's milk and wheat are in the top eight most allergenic foods and some of the most commonly consumed staples in our diet, they are the most problematic foods when it comes to being allergic, sensitive or having an intolerance. Because food immune reactions can increase inflammation so dramatically, any sensitivity or allergic reaction to foods, can lead to weight gain and even increased hunger. It can lead to many other health issues and annoying or painful symptoms as well.



The Metabolic Code Diet encourages everyone to explore whether they have any kind of sensitivity to wheat and dairy in foods, because it can make the job of losing weight much easier in those who are sensitive. Not only that, by eliminating other symptoms like fatigue or skin rash issues, irritable bowel symptoms, etc, the quality of one's life can improve dramatically.



In infants - colic, constipation, vomiting, behavior change, red ears, ear infections

Signs and Symptoms that can be a **Sign of a Food Sensitivity:**

- Frequent bloating, gas, constipation or diarrhea
- Allergy symptoms: runny nose, itchy eyes, scratchy throat, sinus infections, congestion, post-nasal drip
- Skin rashes, acne, psoriasis
- Irritable bowel – chronic constipation or diarrhea or alternating between the two
- Dark under-eye circles
- Frequent headaches
- Frequent colds
- Asthma



Dairy-Free Guidelines

AVOID:

Cow's milk, cow's milk yogurt, half and half, cream, cow's milk cheeses, cottage cheese, sour cream, ice cream, pudding

Eat Instead

■ **Milks:**

Phase 1: Almond, Rice, Oat, Hemp, Flaxseed, Cashew, Coconut, and Macadamia Nut milk.

Phase 2: Goat milk, if tolerated.

■ **Yogurts:**

Phase 1: Coconut milk, oat milk, flaxmilk or cashew milk based. Coconut Kefir can also be used.

Phase 2: Goat's Milk and Sheep's Milk Yogurts, if tolerated.

■ **Cheese:**

Phase 2: Goat's milk cheeses and feta, Sheep's Milk Cheese (manchego, pecorino), Buffalo Milk Cheese (mozzarella) can be tested in Phase 2, after at least 2 or up to 4 weeks of being cow's milk free.





Wheat / Gluten Free Guidelines

AVOID:

Wheat and wheat flour, white flour, enriched flour, rye or rye flour, barley, kamut, triticale

Eat Instead

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| ■ Potato | ■ Millet |
| ■ Corn | ■ Amaranth |
| ■ Soy | ■ Quinoa |
| ■ Rice | ■ Tapioca |
| ■ Oats | ■ Buckwheat |

Gluten free crackers and other foods often contain flours made from the following grains and starchy vegetables. If looking at any Gluten Free foods, do not eat any containing soy or corn until after you have reintroduced these foods individually to test out your tolerance of them.

