



THE LEAP PROGRAM • PART 2

# After Your LEAP Results



## Building a Menu

So, you have your MRT test results and your Food Reintroduction Schedule. After reading it all, you may be thinking, “What do I eat? I’ve never eaten this way before! I’ll starve!”

Well trust us; nobody has ever starved on the LEAP Program! It’s just that many times people with food sensitivities tend to eat their reactive foods on a regular basis. That’s the main reason they frequently feel sick in the first place. So, after finding out which foods and chemicals are causing you problems, to get well you’ll need to adjust your diet to focus on the foods that are most likely to be safe.

Doing this requires patience, commitment, and a sound strategy to build a healthy diet. It’s your job to provide



the patience and commitment and it’s our job to provide the “sound strategy.” In fact, LEAP is the quickest and most effective way for food-sensitive individuals to build a healthy diet.

LEAP is very practical. After you do the MRT testing, it essentially boils down to figuring out what to eat for breakfast, lunch, dinner, snacks, and beverages. That’s exactly what this section is about – helping you figure out how to turn your food list into a workable eating plan.

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## Eating to live

Eating and cooking for the first few weeks on your LEAP diet means trying new things, experimenting, expecting some serious flops, and deciding that some of your less serious flops are actually edible, and maybe even not too bad. Your early stages of LEAP should be “Eating to live” – NOT “Living to eat.”

It is likely that you’ll be eating quite differently from what you did in the past. You may not be eating typical breakfast foods at breakfast time, or dinner foods for dinner. But, who said we couldn’t eat a baked sweet potato or baked chicken for breakfast? Or hot cereal for dinner? Some people think Coca-cola before noon is strange! And, in Japan, miso soup is a common breakfast food. We don’t put sugar on pizza or toast, so why do we think breakfast cereal has to be sweet? Remember to “think outside the box.”

You should strive to eat a diet that is as balanced as possible. Eat as wide a variety of foods as your eating list allows and be sure to select foods from EACH food category. Choose something from the protein, starch, vegetable, fruits, miscellaneous, and nut/seed/oil categories every day, and even at every meal, when possible.

Remember, if a food or ingredient ISN’T listed on your test results you should not eat it. Only eat foods listed in your current phase or previously tested foods from earlier phases. Also, if you know or strongly suspect that



a food on your “allowed” list is actually a reactive food (allergic, sensitive, intolerant or anything like that), OMIT that food from your diet and replace with a different food from the same food category.

Your menu can be flexible and varied, based on your creativity. There will be plenty of delicious foods to eat for your snacks and meals. Have fun with it!

## Recommended meal pattern

Below are general guidelines and ideas for breakfast, lunch, dinner, snacks, and beverages. Remember its better to eat four to five smaller meals than to eat three large meals; however - it's of utmost importance to establish regular eating habits. Don't starve yourself and don't skip meals. Good eating habits will have a beneficial effect on your overall health.

On a daily basis we recommend 4-8 oz of protein food, 5-9 servings of fruits and vegetables, 5-8 servings of grains or beans 2-3 servings of dairy (if tolerated), and extra oils, fats, nuts or seeds in moderation. Allowed flavorings are added to enhance taste and provide variety. Eat as great a variety as possible from your allowed foods. Throughout the day, try to consume approximately 64 ounces (8 cups) or more of water and/or allowed juice.

### What's in a serving?

#### Fruits, Vegetables, and Beans

- 1 medium fruit or 1/2 cup of juice or fruit
- 3/4 cup of 100% vegetable juice
- 1/4 cup dried fruit
- 1/2 cup raw non-leafy or cooked vegetables
- 1 cup raw leafy vegetables (such as lettuce)
- 1/2 cup cooked beans or peas (lentils, pinto & kidney beans, etc)

#### Bread/Grain

- 1/2 cup cooked cereal or cooked grains
- 1 slice of bread or one medium tortilla
- 4-6 small crackers
- 1/2 bagel or English muffin
- 1 cup ready-to-eat dry cereal

#### Milk/Dairy

- 1 cup milk or yogurt
- 2 oz cheese
- 1/2 cup cottage cheese

### Breakfast Ideas

- Hot cereal cooked with water, juice or milk with cinnamon or ginger and pinch of salt.
- Cold cereal or puffed grain served with fresh fruit/juice or dairy
- Grits or "polenta" made of corn or other ground grain. Sliced polenta fried with cheese
- Toast or tortilla with allowed nut butter, cheese or 'spread'
- Scrambled eggs, plain, with sauteed vegetables and/or cheese
- 1-2 servings fruit or juice
- Handful of allowed nuts or seeds (optional)
- 1-3 oz. meat, poultry, eggs or serving of dairy if allowed
- Small amount of allowed oil in protein food or cereal or allowed "spread"
- Granola made with your allowed foods
- Leftover meal from prior day. (Provided it was properly refrigerated and reheated.)

### Lunch & Dinner Ideas

- Large bowl of soup or casserole made from: Allowed protein, broth made from allowed protein, starch, vegetable, oil and allowed flavor enhancers and salt. Serve with allowed chips, bread or tortilla.
- Sandwich made with allowed bread or tortillas, protein, veggies and maybe even fruit and/or allowed 'spread.'
- Leftover dinner items from previous night Plus: 1 serving fruit
- Handful nuts or nut spread
- 1 serving dairy (if allowed)
- 3-6 ounce serving cooked protein item -baked, roasted or lightly breaded with allowed flour or crumbs, and sauteed or fried in allowed oil; seasoned wrth allowed flavorings or salt as desired .
- 1-3 servings steamed vegetables
- 1-2 servings cooked grains or starchy vegetables with allowed oil or spread for moisture
- Allowed bread, special oil biscuit, or tortilla

### Beverage Suggestions

- Filtered or bottled water is preferred
- Fruit juice/water blend
- Fruit juice mixed with sparkling water
- Black or green tea (if allowed) mixed with fruit juice or iced with sparkling water
- Carrot or other vegetable juices
- Mixed fruit and vegetable iuices

### Snack Ideas

- Fresh fruit or vegetables and/or juice
- Handful of nuts/seeds
- Leftovers, or allowed chips

## Putting It All Together

Now it's time to put it all together and begin planning your menu. Planning helps answer the question, "What am I going to eat?" Again, don't be afraid to experiment and try new things. This is a process that can be fun and interesting, but may take some practice to really get it the way you want it. Good luck, and enjoy!

### Step 1

Gather your Food Reintroduction Schedule, Food Idea List, and Menu Planner Template

### Step 2

Build your menu following the guidelines on the previous page.

## Rotating Your Diet and Adding New Foods (Phase 6)

For decades, doctors specializing in treating food sensitivities noticed that prior to identifying reactive foods, it was common for patients to unknowingly eat their reactive foods at almost every meal. That's the main reason they were always sick! In fact, some of the most commonly reactive foods such as wheat, corn, soy, dairy, nuts, citrus, and tomato also happen to be the most frequently consumed. Just think how often you eat these foods. If you're like most people, it's almost every meal!

The doctors also noticed that some food sensitive patients would develop new sensitivities if they ate non-reactive foods too often. So in order to prevent new sensitivities from developing, they came up with a method of limiting exposure to the same foods, while still providing a balanced, varied diet. This method is called a rotation diet.

### How the LEAP Rotation Diet Planner works

The 3-day LEAP Rotation Diet Planner included with your dietary management program divides your MRT non-reactive foods into categories based on food families (refer to the Food Families Guide chart in your LEAP report). However, it is challenging to be that specific about varying your diet, so we often suggest that after you have completed Phase 5 (normally 4-6 weeks after beginning Phase 1), you at least vary food choices as



best as possible, adjusting to omit foods that you are either allergic or sensitive to, or those you dislike. If you aim to at least have 3 different go-to breakfasts, lunches, dinners, snacks to rotate between throughout the week, it will help prevent new food sensitivities from occurring in the future.

This particular method is very effective at helping maintain the positive health benefits that you've attained during the first phases of your program.

# Chemicals & Additives

The LEAP 170 profile tests a number of common chemicals found in the typical American diet.

Some of these chemicals are added to foods as preservatives, flavor enhancers, or colorings, and some occur naturally. In addition to causing an immune reaction, some chemicals such as caffeine, tyramine, and phenylethylamine can have drug-like effects on our physiology that may contribute to our symptoms in a different way. Reactivity to food chemicals can make dietary adjustments a bit more complicated, but must be appropriately addressed if you want to get the most out of your efforts.

## What if I test reactive to a chemical, but not the food that contains it?

It is possible to test reactive to a chemical, but not the food containing the natural chemical. This is most often due to the concentration of the item. The concentration of the pure chemical antigen is often greater than the concentration of chemical in the whole food antigen. So in some cases, reactions to the chemicals are noted, but not to the foods that contain the chemical. In fact, many chemical sensitivities are dose related. This means a small amount of the chemical won't trigger any noticeable reaction, but higher amounts will. Exactly how much is needed to trigger a reaction can vary from person to person.

If you are reactive to a chemical, but are not reactive to the food in which it's naturally found, there are two different approaches to consider:



1. The 'safest' approach: You can eliminate ALL foods that contain that chemical until Phase 3 or 4, and then try the food containing the chemical, in small amounts if it was not a test reactive food. If symptoms don't return, it may be safe, but you will want to limit quantities. For example, if you test reactive to solanine, but not to the foods that contain solanine, you may do fine with one serving of potato for example. However you may develop symptoms if you eat large servings or include several other foods that contain solanine, such as tomatoes and eggplant, at the same meal or in the same day.

2. Include foods that contain the chemical in normal/small amounts. If your symptoms do not subside within 7-10 days, then follow a more restrictive diet as mentioned above.

## Glossary of common chemicals & additives

### ACETAMINOPHEN

Acetaminophen is a common pain reliever often used as an aspirin substitute. Tylenol is the most widely used acetaminophen-based product, but it may be found in many pain-reliever medications.

### ASPARTAME

Aspartame, found under the brand names NutraSweet® or Equal®, is a compound prepared from aspartic acid and phenylalanine, with about 200 times the sweetness of sugar. Sensitivity symptoms include headaches,

hyperactivity in children, fatigue, and irritability. Individuals who have a genetic defect in which they do not metabolize phenylalanine properly should not use aspartame. Aspartame also lowers the acidity of urine and reportedly makes the urinary tract more susceptible to infection. Powdered diet sweeteners may also contain maltodextrin, from corn.

**Food Sources of Aspartame:** Any product containing NutraSweet®; Equal®. It is widely found in processed diet foods, sugar-free foods and low-calorie soft drinks.

## BENZOIC ACID

Also known as benzoic acid, gum benzoic, and various benzoates and related compounds. This chemical is found naturally, particularly in berries and fruits where it acts as a natural preserving agent. It was on this basis that manmade chemicals related to benzoic acid and similar compounds were introduced, both as flavoring agents and preservatives. The processing and concentrating of many natural foods greatly increases the level of these compounds, e.g. turning tomatoes into tomato ketchup. Whereas the natural tomato may not cause hyperactivity in children or headaches in adults, the more concentrated forms, ketchup, soups or purees can produce these effects.

**Food Sources of Benzoic Acid:** Benzoic Acid can be found naturally occurring in cherry bark, raspberries, tea, anise, and cassia/cinnamon bark. As a food additive it is used in butterscotch, chocolate, lemon, orange, cherry, fruit, nut, tobacco flavorings, ice cream, ices, candy, baked goods, icings, and chewing gum. Also used in margarine and pickles. Sodium benzoate is often used as a preservative in liquid vitamin/mineral preparations and medicines.

## CAFFEINE

Also known as guaranine, methyltheobromine, theine, and trimethylxanthine. Caffeine is the number one psychoactive drug in the world. It is a central nervous system, heart, and respiratory system stimulant. Caffeine can alter blood sugar release and cross the placental barrier. It can cause nervousness, headache, insomnia, irregular heartbeat, noises in the ear, and in high doses, convulsions. It has been linked to spontaneous panic attacks in persons sensitive to caffeine.

**Food Sources of Caffeine:** Caffeine occurs naturally in coffee, chocolate, cocoa, guarana paste, kola nuts, and tea. Caffeine is an additive in many kinds of beverages and soft drinks. It is also found in OTC diet pills and appetite suppressants, pain relievers like Excedrin, supplements, and “alert” pills.

## CANDIDA ALBICANS

The common yeast, candida albicans, normally lives on the mucous membranes of the digestive and genitourinary tracts. The intake of antibiotics (especially prolonged use), birth control pills, the cortisone group of drugs, and diets high in refined carbohydrates may lead to abnormally high concentrations of this yeast. Symptoms that stem from candida overgrowth include yeast infections, thrush, bloating, constipation, diarrhea, and abdominal pain. Yeast overgrowth in the gut may also play a role in causing food allergies and nutritional deficiencies. Further testing, such as a GI map test, can be done to determine if this is truly an issue.

A possible course of action, for those who test reactive, is a diet avoiding certain foods that contribute to the growth of candida in the body, particularly foods containing yeasts, starches, and sugars. An anti-fungal treatment may also be used in conjunction with diet modifications.

## CAPSAICIN

Capsaicin is the component of chili peppers and other spicy peppers from the capsicum family that make it “hot.” Capsaicin can cause a “burning” pain in the mouth which is normal, but strong reactions such as intense long-lasting burning in the mouth or other areas of the GI tract, as well as severe reactions such as nausea and vomiting may indicate a sensitivity or intolerance.

**Food Sources of Capsaicin:** Capsaicin is found naturally in spicy peppers from the capsicum family, such as jalapeno, habaño, banana peppers, chili peppers, etc. Note that capsaicin is not found in some spicy peppers such as black pepper and Sichuan pepper. In addition, mild non-spicy varieties of peppers from the family capsicum have no capsaicin within them and can often be consumed safely when capsaicin is reactive.

## FOOD COLORINGS

Dr. Benjamin Feingold postulated and publicized that food coloring sensitivity could be a cause of hyperactivity in children. Studies have confirmed this notion and have shown additional adverse effects of artificial colorings: asthma, eczema, urticaria, angioedema, perennial rhinitis, and gastrointestinal disorders, migraines, and itching. Many colorings are found in medications and supplements, toothpastes, mouthwashes, cosmetics, and other personal care items. Check your labels. Below are the names of common food colorings and their typical uses.

### FD&C Blue No. 1 • Brilliant Blue

Beverages, dairy products, powders, jellies, confections, marshmallows, condiments, icings, syrups, extracts, gelatins.

### FD&C Blue No. 2 • Indigo Blue, indigotine

Baked goods, cereals, snack foods, ice cream, confections, cherries, and many others.

### FD&C Green No. 3 • Fast Green FCF

Beverages, puddings, ice cream, sherbet, cherries, confections, baked goods, dairy products, gelatins.

### FD&C Red No. 4 • Carminic Acid, carmine

Beverages, puddings, ice cream, sherbet, cherries, confections, baked goods, dairy products, gelatins, and some pharmaceuticals.

Continued »

*Food Colorings, continued*

**FD&C Red No. 40 • Allura Red AC**

Gelatins, puddings, dairy products, confections, beverages, condiments.

**FD&C Red No. 3 • Erythrosine**

Cherries in fruit cocktail and in canned fruits for salads, confections, baked goods, dairy products, snack foods, sherbets, cereals, garlic sausage and salami.

**FD&C Yellow No. 5 • Tartrazine**

Custards, beverages, ice cream, confections, preserves, cereals, artificial cream, coffee whiteners, canned and instant soups, snacks, jellies, gelatin, orange drinks, cake mixes, macaroni & cheese mix.

**FD&C Yellow No. 6 • Sunset Yellow**

Custards, baked goods, snack foods, ice cream, beverages, dessert powders, confections.

**HIGH FRUCTOSE CORN SYRUP (HFCS)**

HFCS is a common sweetener used in sodas and fruit-flavored drinks. HFCS is chemically similar to table sugar. However, there is debate about whether or not the body processes HFCS differently than regular sugar. In addition, research suggests a correlation between increased consumption of HFCS, increased obesity, and increased body fat.

**Food Sources of High-Fructose Corn Syrup:** It is used as a sweetening additive in a wide range of processed foods, candies, soft drinks, juices, ice creams, baked goods, and dessert goods.

**IBUPROFEN**

Ibuprofen is a common over-the-counter pain reliever and anti-inflammatory agent. Most commonly found as Advil®, Motrin®, or Nuprin®.

**LECITHIN (SOY LECITHIN)**

Also known as hydroxylated lecithin, lecithin is a food additive used as an emulsifier (smoothing agent), spreading agent, and defoaming agent in a wide number of foods and food products. Lecithin has a high natural choline content, and in sensitive individuals can cause symptoms ranging from sore muscles, headaches, stiff neck, and sore throat. It may be a dose related response; however, if you are reactive to lecithin, you may also need to eliminate all egg, soybeans and corn from phases 1 through 3, adding them back in phase 4.

**Food Sources of Lecithin:** Lecithin occurs naturally in egg yolk, soybeans, and corn. It is an additive in prepared breakfast cereals, candy, sweet chocolate, baked goods, margarines, frozen desserts, vegetable and animal fats,

salad dressings, and non-stick cooking sprays. It may be found in Diprivan®, albuterol products, Atrovent®, most inhalant medications, other medications, and supplements.

**MONOSODIUM GLUTAMATE (MSG)**

Also known as MSG, glutamic acid, free glutamate, monopotassium glutamate, Accent®, or Zest®. Monosodium glutamate occurs naturally in seaweed, sea tangles, soybeans, and sugar beets, but is also used as a flavor-enhancing food additive. It is used to intensify the flavors of meat and spices in a number of different products. It is also commonly used in Oriental cooking and is the cause of the “Chinese Restaurant Syndrome” causing dehydration, thirst, headaches, depression, irritability and other undesirable effects. MSG can cause anaphylactic shock in susceptible individuals. Some foods that claim to be MSG free actually contain large amounts of free glutamate and should also be avoided by sensitive individuals.

**Food Sources of MSG:** Oriental foods, snack foods, seaweed, sea tangles, mixed nuts, salted or flavored peanuts, soybeans, sugar beets, hydrolyzed proteins, gelatins, plant protein extracts, sodium caseinate, calcium caseinate, yeast extract, textured protein, autolyzed yeast, malt extract, malt flavoring, barley malt, bouillon, stock, carrageenan, maltodextrin, whey protein, “natural flavors”, meats, condiments, pickles, soups, baked goods, candies, processed foods, anything ultra-pasteurized and anything protein fortified, enzyme modified, or fermented.

**PHENYLETHYLAMINE**

Phenylethylamine (as well as tyramine) is a naturally occurring compound known as a pressor amine and is capable of stimulating the arterial system causing migraine headaches. It may have an effect on the central nervous system causing sleepiness, fatigue, and hyperactivity; and is also capable of causing effects on the airways resulting in wheezing. Reactions to phenylethylamine and tyramine are usually dose dependent. Unless there is an overload or you are very sensitive, the body has powerful mechanisms capable of neutralizing their effects.

**Food Sources of Phenylethylamine:** Chocolate, wines, aged cheeses.

### POTASSIUM NITRATES & NITRITES

These compounds are commonly used in food processing or found naturally in some vegetables, both as a result of using nitrate fertilizers and because some vegetables have a tendency to accumulate nitrates. They are used as a color fixative and to cure hams, bacon, corn beef, and some fish products providing a longer shelf life. Nitrates change into nitrites upon exposure to air. They can, in sensitive individuals, cause headache, drowsiness and fatigue. Research has proven that nitrates and nitrites when combined with stomach saliva and food components produce nitrosamines, powerful cancer producing substances.

It has been a recent development to encourage a block on this conversion by the use of antioxidants such as vitamin C and E to such a degree that the US food and drug administration has advised food manufacturers to add these vitamins where this chemical process has been used.

**Food Sources of Potassium Nitrate:** Naturally occurring in high amounts in spinach, beets, radishes, eggplant, celery, lettuce, collards, and turnip greens. Used as a curative in processed meats. Private wells should be tested for nitrates regularly, as they can be a source of excess nitrate.

**Food Sources of Potassium Nitrite:** Cured meats, bacon, bologna, frankfurters, hotdogs, deviled ham, meat spreads, potted meats, spiced ham, Vienna sausages, smoke-cured tuna, smoke-cured shad, and smoke-cured salmon.

### SACCHARIN

Saccharin is a non-nutritive, non-caloric synthetic sweetener that is 300-500 times sweeter than sugar. Saccharin has been found to cause cancer in lab rats.

**Food Sources of Saccharin:** Mouthwash, toothpaste, diet soda, low-calorie beverages, sugar-free candies.

### SALICYLIC ACID

Also amyl salicylate, phenyl salicylate, menthyl salicylate, glyceryl salicylate, benzyl salicylate, dipropylene glycol esters (often with benzoates), salts of salicylic acid. Aspirin is a salicylate and it is known that many people are sensitive to this chemical. What is not well known is that it exists naturally in many foods and becomes concentrated as those foods are processed. Extensive work from Australia highlights its importance, and diets eliminating it have been beneficial in a wide group of people previously thought to be food sensitive. Absorption of large amounts of salicylates can cause vomiting, abdominal pain, increased respiration, acidosis, headaches, asthma, muscle aches, mental disturbances, and skin rashes in sensitive individuals. Some individuals may be reactive to processed/artificial salicylates, but not naturally occurring salicylates.

**Food Sources of Salicylates:** Salicylates are found naturally in almonds, apples, apricots, blackberries, boysenberries, cherries, cloves, cucumbers, currants, gooseberries, grapes, nectarines, oil of wintergreen, oranges, peaches, pickles, peanuts, plums, prunes, olives, raisins, raspberries, strawberries, and tomatoes.

**Foods with Added Salicylates:** Include ice cream, baked goods (except bread), candy, chewing gum, soft drinks, gelatins, jams, cake mixes, and mint flavored foods. Also may be found in cosmetics, sunscreens, certain herbals, and most toothpaste.

### SODIUM METABISULFATE

Sodium metabisulfite is used as a bacterial inhibitor, anti-fermentative, anti-browning agent and preservative in a wide range of prepared food products. Particularly in sensitive people such as asthmatics, it can cause wheezing, congestion, anaphylaxis and shortness of breath. In normal individuals an excess can cause nausea, diarrhea, gas and headache.

**Food Sources of Sodium Metabisulfite:** Wine, ale, beer, soft drinks, processed fruit and vegetable juices, frozen fruits, dried fruits, sugar, syrups, maraschino cherries, fresh non-organic grapes; commercially peeled (processed), dehydrated; or commercially prepared potatoes.

### SODIUM SULFITE

This is a chemical used in food processing as a preservative and sanitizing agent. It prevents bacterial growth and the browning of exposed foods. It also prevents the growth of undesirable microorganisms during fermentation and food processing. Reactions can include headaches, diarrhea, nausea, skin rash, swelling, and wheezing.

**Food Sources of Sodium Sulfite:** Sugars, syrups, frozen apples, dried fruit, peeled potatoes, maraschino cherries, condiments, frozen vegetables, wine, fresh non-organic grapes.

### SOLANINE

Solanine is a naturally-occurring toxicant of the nightshade family. When potatoes are green or sprouting they contain higher than normal levels of solanine so it is advisable not to eat them when they are in this state. It is interesting to note that tobacco is a solanaceous plant, so traces of solanine appear in tobacco products. Symptoms include nausea, vomiting, muscle aches, joint pain, and gastric disturbances.

**Food Sources of Solanine:** Potatoes (particularly green or sprouting), cayenne, bell peppers, chili peppers, eggplant, paprika, tomato, Cape gooseberry.

## **SORBIC ACID**

Also known as hexadienic acid, potassium sorbate, sorbistat. Sorbic acid is used as a preservative and antimicrobial food additive particularly effective against yeast and molds.

**Food Sources of Sorbic Acid:** Baked goods, cheeses, jellies, wines, dried fruits, chocolate syrup, fresh fruit cocktail, pickles, salads (potato, macaroni, coleslaw, gelatin), cheesecake, and pie fillings, cured meats, sausages, soft drinks.

## **TYRAMINE**

Tyramine (as well as phenylethylamine) is a naturally occurring compound known as a pressor amine and is capable of stimulating the arterial system causing migraine headaches. Tyramine is a natural substance formed from the breakdown of protein as food ages. It is found in aged, fermented, or spoiled foods. It may have an effect on the central nervous system, causing sleepiness, fatigue, and hyperactivity. It is also capable of causing effects on the airways resulting in wheezing. Reactions to tyramine and phenylethylamine are usually dose dependent. Unless there is an overload or you are very sensitive, the body has powerful mechanisms capable of neutralizing their effects.

All foods develop increasing amounts of tyramine as they deteriorate. Therefore, it's important to be sure that your foods have not deteriorated. Be cautious about refrigerated leftovers. If it will be more than a day or two, then freeze the foods until you are ready to eat them. All people on MAO inhibitor drugs should avoid all foods with high levels of tyramine, as serious drug interactions can occur.

**Food Sources of Tyramine:** Beer, Chianti wine, other wines and wine vinegars, fava or broad beans, aged cheeses, beef liver, chicken liver, orange pulp, smoked or pickled meats, smoked or pickled poultry or smoked or pickled fish, packaged soups, yeast vitamin supplements, meat extracts, summer sausage, soy sauce, eggplant, spinach, avocados, tomatoes, bananas, prunes, raisins. Must limit with the medications tranylcypromine (Parnate®) and Nardil®.

## **WHEY**

Whey is one of the main proteins in cow's milk. It is a very common ingredient in many processed and packaged foods, particularly diet products, bodybuilding products, and protein bars and shakes. In sensitive individuals whey can cause a variety of symptoms.

**Food Sources of Whey:** Cow's milk, whey protein, bodybuilding products, diet shakes and drinks, protein bars, baked goods, puddings, desert items.

# Food Alternatives for Commonly-Eaten Items

Remember, even though there are many alternatives which you may try eventually, during the initial phases of your diet, you may use only items which are in your low-reactive group and that you have already tried individually.



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## Foods and alternatives

### **BUTTER**

Sensitivity to milk means having to avoid butter as well. Because butter is used in different ways in different dishes, there are several possible alternatives. The most obvious is margarine, or any non-butter spread. In the early phases of your LEAP diet, it is doubtful that you will find a margarine that does not have reactive or untested ingredients. Another is clarified butter (ghee), which is free of the milk solids usually implicated in adverse reactions. Most people who are milk sensitive find they can tolerate ghee. However you should always be careful, particularly if your reactions to milk are severe. Olive oil or other oils that were low-reactive may provide healthy alternatives. In sauces, creamed coconut, or vegetable shortening may be used, but be careful to test the palatability of these items in the specific dish you are cooking. These are not health-promoting choices, however.

### **CORN**

Corn is one of the most common ingredients found in processed foods. As a grain, corn can be substituted with any other grain (wheat, rice, rye, amaranth, spelt, kamut, millet, quinoa, etc.). As a thickener (corn starch), rice flour, potato flour, barley flour, rye flour, sago flour, pearl tapioca, tapioca flour, and arrowroot can be used according to your food plan. Untested items will need to wait until it is time to start trying untested items. As a sweetener, you can replace corn syrup with cane sugar syrup, molasses, brown rice syrup, sucrose, honey, barley syrup, maple syrup, date sugar, or concentrated fruit juices. You will try untested sweeteners later.

### **COW'S MILK**

There are many healthy and delicious substitutes for cow's milk, which may be used in the same ways as cow's milk, such as rice milk, almond milk, cashew milk, soy milk, coconut milk, goat's milk, and sheep's milk. These milk substitutes may not be nutritionally equivalent to cow's milk. Some commercially available products also contain several untested ingredients. It is possible to make your own substitutes.

### **COW'S CHEESE**

Substitutes for cow's cheese are also many depending on your use (either regular cheese or as a cheese spread). Most delicatessens and health food stores carry goat's cheese or sheep's cheese. Soy cheese is very similar in taste and texture to American cheese. Tofu and other soy-based products are available as cheese spreads in a variety of flavors. Hummus and pate' (home-made) are also healthful alternatives to cheese spreads. At first you will need to find products that contain no untested or reactive ingredients. It's very simple to make various spreads using allowed ingredients.

## EGGS

Eggs are very commonly used as a binder in baked goods and as a main component in breakfast meals. As a replacement to egg for baking purposes there are several alternatives:

1 egg = 2 tablespoons liquid +  
2 tablespoons allowed flour +  
1/2 tablespoon allowed oil +  
1/2 teaspoon baking powder\*  
*If on allowed ingredients list*

OR

1 tablespoon ground flaxseed (untested) or  
psyllium seed (untested) +  
3 tablespoons of water

For puddings, where eggs are used to “set” a liquid, you may substitute gelatin if not beef or pork reactive. One teaspoon of gelatin is equal to one egg. Dissolve the gelatin water before adding to other ingredients. Commercially prepared egg replacers are also available (check for reactive or untested ingredients).

## GLUTEN

Gluten is a protein found in wheat, rye, barley, spelt, kamut, and triticale. Oats may contain gluten if cross-contaminated with gluten-containing grains, so are not recommended unless certified as gluten-free. Due to the fact that gluten is a well-known offender, there are many gluten-free products available. Some of these products are made from a combination of different flours such as corn flour or starch, potato flour, soya flour, bean and pea flours, nut flours, rice flour, rice bran, and carob flour. Other non-gluten flours include: Montina, garfava flour (garbanzo and fava), teff flour, amaranth flour, quinoa flour, tapioca flour, sweet potato flour, and coconut flour. You can also mix your own for baking by using equal parts rice flour, soya flour and potato flour or use other combinations. You may use yeast but do not knead the bread. The texture will be heavier than traditional bread and may taste better toasted. If you also have to eliminate yeast there are other alternatives (see “Yeast”). Xanthan gum is an alternative to gluten and can be used in cooking and baking but is an MRT untested ingredient which will need to be added in later phases of your plan. Basic rule-of-thumb is one rounded teaspoon xanthan gum per cup of flour. Also try guar gum, flax seed, eggs and egg substitutes when appropriate for your plan.

## SUGAR

There are many natural alternatives to cane sugar which include honey, agave nectar (from cactus), pure maple syrup, date sugar, beet sugar, concentrated fruit juices, brown rice syrup, as well as artificial sweeteners such as aspartame and saccharin. Note that Sucralose®

(Splenda®) is made from cane sugar but chemically is very different. Check all labels for reactive or untested ingredients. You may want to try stevia as a natural non-caloric sweetener later as an untested item.

## WHEAT

Wheat is the main ingredient in most bread and bread products as well as pasta, crackers, cookies, cakes, and cereals. It is also added to many other processed foods as a thickening agent or texturizer. Wheat and wheat by-products are staples in the American diet, yet it is one of the most reactive foods for many people. Thankfully there are many alternatives to wheat that are easy to find. These include: rice, soy, rye, corn, oats, sunflower, barley, buckwheat, millet, and amaranth. Kamut and spelt are very close to wheat antigenically, and even if you tested low reactive to them, it is best to avoid them in the early phases of your plan. Your dietitian will guide you on the use of related wheat family products depending on your MRT results. These wheat alternatives are available in a flour form for baking; ground and cracked forms for cooking, as well as prepared breads, cookies, cakes, pasta and cereals. However some of the products made with these alternatives may still contain wheat, untested, or reactive ingredients, so be sure to read all ingredients. For gluten-free wheat flour alternatives, see those listed under “Gluten” above. Some are untested items and must wait until it is time to try untested items in your plan.

## YEAST

Soda bread, homemade oil biscuits, muffins, chapattis, tortillas, papadams, pancakes, crepes, and selected crackers are good substitutes for yeast-leavened bread. Dumplings are also yeast-free. Soda bread is made using baking soda and requires an acid source such as buttermilk or regular milk with vinegar or lemon juice added. You may use baking powder as a leavening agent in low-acid baked goods. Common baking powders usually contain cornstarch as a filler. If you are reactive to corn, there are baking powders which use potato starch. If you are reactive to both of these items, then you can make a homemade baking powder using cream of tartar if you are not reactive to grapes. There are many options for making items which contain only your allowed ingredients. There are some commercially available yeast-free breads made with other organisms, which may be tolerated. As always, check labels.

*\* A simple recipe for homemade baking powder is:  
1 part baking soda, 1 part allowed starch or flour, 2 parts cream of tartar (from grape). Mix and use as regular baking powder.  
Store unused portions in an airtight container for future use.*

# Basic Recipes

Below are a few basic recipes to get you started or to use as more foods are added into your diet.

They will vary depending on what foods you are allowed to use. Be creative with your own favorite recipes too. See the resource list for cookbook suggestions and many more ideas.



## Granola

Original recipe from The Food Allergy & Anaphylaxis Network. Modify as needed to meet your dietary needs.

4 cups regular oats • Alternatives: barley flakes, rye flakes, spelt (rolled), triticale flakes, or wheat flakes or any combination of the above

1 teaspoon ground cinnamon • Alternatives: ground ginger, pure vanilla extract or powder)

1/4 teaspoon salt

1/3 cup honey • Alternatives: cane or beet sugar, rice syrup, honey crystals, barley malt extract, fruit puree, agave syrup

1/3 cup molasses • Alternatives: see above

1/3 cup water (use more if dry alternatives for honey/molasses were used, or substitute allowed fruit juice concentrates)

3 tablespoons oil (Use allowed oil. Other options are almond or nut oils)

1 cup each dates (pitted and chopped) and raisins • Alternative: dried fruit such as apples, apricot, banana chips, blueberries, cherries, coconut, cranberries)

Add 1/4 - 1/2 cup allowed nuts or seeds as desired for a European type 'muesli' cereal, AFTER baking.

Preheat oven to 325 degrees. Grease jelly roll or 9x13" pan. Set aside. In large bowl, combine grains, seasoning salt; stir well. Set aside. In medium saucepan, combine sweetener, water, and oil (or alternates); bring to a boil. Remove from heat and pour over grain mixture, stirring well to coat. Spoon mixture into jelly roll pan, spreading evenly. Bake 30 minutes or until lightly browned, stirring every 10 minutes. Remove from oven; stir in dried fruit and nuts/seeds. Cool completely before serving.

Serving ideas: Pour into bowl, cover with milk, goat milk, soy milk, rice milk, almond milk or juice.

Or: Pour into bowl. Cover with desired milk or yogurt. Cover and place in refrigerator overnight. Eat softened cereal the next morning.

Or: Cover with milk or juice. Heat to boiling or microwave until soft. Enjoy as a hot cereal.



## Egg Frittata

Baked egg dish with multiple alternatives. This makes a nice breakfast/brunch dish served hot. Chilled, it makes a nice appetizer or take-along snack.

1 small onion, minced (about 1/4 cup) • Alternatives: Leek, or 2T. garlic or chives

2 cups zucchini, sliced • Alternatives: Cauliflower, broccoli, or yellow squash

3 tablespoons oil and/or butter and/or combination of the two

6 eggs, beaten • Alternative: 9 egg whites

Salt and freshly ground black pepper, to taste

1 teaspoon dried basil • Alternatives: Dill, mustard, nutmeg, oregano

1 tablespoon parsley • Alternatives: Green pepper, mushrooms

2 - 3 tablespoons grated Swiss cheese • Alternatives: any cheese tolerated

Additional alternatives: Stir into eggs any one of the following: 1/4 c. minced crab, shrimp, scallops, leftover cooked fish, spinach, well drained tomatoes, mushrooms.

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In a 10-inch oven proof skillet, sauté vegetables in butter and/or oil. Combine eggs, seasonings and pour into skillet over sautéed vegetables. Cook over medium heat without stirring, until bottom of mixture is set but top is still soft. Sprinkle cheese on top (if allowed) and place under broiler to finish cooking, melt cheese, and brown top. Cut into wedges and serve. 3-4 servings. You could also use these ideas to make a single serving. Be creative with what you like and can tolerate.

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## Tortillas

1 cup flour (any allowed grain, or bean flour, or allowed combinations of flour)

1/8 - 1/4 teaspoon salt

1 teaspoon allowed seasoning (optional), more or less depending on preferences

1/2 cup water

2-3 teaspoons allowed oil

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In a bowl, mix flour and salt/seasoning. Note: for a puffier tortilla, add a little baking powder (perhaps 1/8 to 1/4 teaspoon). Mix water and oil and add to dry ingredients. Dough should be soft, but not too sticky to handle. If needed, add a bit more water or flour. Knead lightly. Pinch off pieces of dough to form balls (about 1" or desired size). Roll in a little allowed flour to coat. Pat and/or roll into a flat circle about 1/8" thick. Repeat. Heat a heavy skillet or griddle to medium or 350 degrees. Do not oil. Place tortilla on the hot pan and cook for a few minutes, until lightly browned and it starts to appear dry and develop a few air bubbles. Flip and lightly brown other side. Cool and place in an airtight container and store in the refrigerator or freeze for later use. Reheat in a hot skillet, toaster, oven or microwave.

Notes: These are better with some grains than others. Experiment with half the ingredients until you know they will turn out well. Depending on the flour used, these may be soft and moist or a bit crispy. Lightly oil and fold to eat as bread, or roll allowed foods or pureed fruit inside.

Easy idea: Experiment by making "no-roll, poured" tortillas. Use 2/3 to 1 cup water (depending on the flour combination) to make a batter, pour tortillas into pan, and cook as above.

## Salad Dressing (or spread base)

Typical vinaigrette dressing is 3-4 parts oil to one part acid but can be made with a 2:1 ratio. (i.e. 2 tablespoons oil and 1 tablespoon acid) Experiment with two parts oil to one part acid or juice, then adjust. The acid could be lemon juice, lime juice, orange juice, grapefruit juice, or allowed vinegar.

Vinegars are made from different grains or fruits and/or wine. Read labels carefully before you choose to use vinegar. Distilled white vinegar is one of the safest due to the distillation process if you are not corn reactive. Others vinegars include apple cider, rice wine, white wine, red wine, balsamic, cane, and coconut. Fermented vinegars are likely to contain sulfites as well as amines.



### Sample vinaigrette recipe:

3 tablespoons frozen fruit juice concentrate, thawed (optional)

1 tablespoon allowed vinegar or lemon/lime juice

2 tablespoons oil

1/4 teaspoon salt

Seasonings as allowed (pepper, garlic, basil, mustard, onion, leek, sesame seed, etc.)

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Whisk or shake well to mix. Cover and refrigerate for up to one week. Before using, let stand at room temperature about 15 minutes, and then shake well. For thicker dressing or spreads get creative by adding pureed olives, avocado, green or red pepper, fruits, beans, finely chopped nuts or nut butters.

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## 15-Minute Herbed Chops or Steaks

1/2 pound meat: 6 lamb chops, 4 small pork chops, 2 small steaks, etc.

6 tablespoons fresh lemon, lime juice or fruit juice (as allowed)

3 tablespoons chopped herbs or dried spice of choice

3 medium cloves garlic, minced; and/or 2 tablespoons minced onion or leek (optional, as allowed)

1/4 tsp salt

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Combine juice, seasonings, pressed garlic, onion, or leek, and salt/pepper as allowed.

Rub meat with mixture. Set aside on plate for up to one hour. (Refrigerate if longer.) Prepare rest of your meal at this point. Preheat broiler on high heat, and place a metal oven-proof pan big enough to hold meat under heat to get hot, about 5-7 inches from the heat source. Once pan is hot, place meat on pan, and return to broiler for about 4-10 minutes, depending on thickness of meat and desired doneness. Meat will cook quickly as it is cooking on both sides at the same time. Serve with a grain pilaf or cooked beans, and steamed vegetables topped with chopped nuts.

## Michal's Nut-Crusted Fish

Pour small amount of oil in pie pan or deep plate. 1 teaspoon allowed seasoning (optional)

Dip fish in oil and then dip fish in following mixture: 1/2 teaspoon salt (or to taste)

1/2 cup flour (from non-reactive grain)

1/2 cup crushed nuts or seeds (like sesame seeds or finely chopped nuts of choice)

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Heat approximately 2 tablespoons oil or ghee or clarified butter in skillet.

Test oil to make sure it's hot. A drop of water should sizzle and evaporate immediately. Take dipped fish and fry it 3 minutes on each side (or 2 minutes for thick fillets) or until it flakes easily.

Optional: Squeeze lemon on top.

Gourmet touch: Arrange fish on top of fruit or vegetable puree

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## Crockpot Soup

1/2 to 2 pounds beef ribs, chicken or turkey 1 14 oz can whole tomatoes drained (optional)

Choose from the following vegetables, as allowed: 1 or 2 big handfuls of allowed whole grains or 2 cups allowed beans

1/2 cup peeled and diced onions, leeks or green pepper 1 tsp salt

2 carrots peeled and sliced thin 1-2 teaspoons or tablespoons seasoning, your choice (mustard, basil, bay leaf, pepper, cumin, dill, garlic, oregano, paprika, parsley, sesame, turmeric - DON'T use all at once, pick and choose)

3 stalks celery, sliced 2 14 oz cans of allowed broth or 4 cups homemade broth

2 cups chopped cabbage or cut up green beans

2-3 cups diced pumpkin, sweet potato, white potato

1 small sliced yellow or zucchini squash (optional-add toward end of cooking) 1 cup whole or sliced mushrooms (optional)

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Put vegetables in bottom of crock-pot.

Add the grain on top of that; next add the tomatoes, and then the meat.

Add the salt and seasonings and lastly the broth.

Turn crock-pot on to low for 8 hours. After 8 hours, remove meat bones and if there is any meat left on bones add to stock.

Add a bag of frozen allowed vegetables of your choice, turn crock pot up to high for an hour or 2.

## Crockpot Herbed Meat & Grain Casserole

1 to 1-1/2 pounds boneless chicken, turkey, duck, beef or pork

6 to 8 ounces sliced mushrooms, onions, and/or leeks (as allowed)

2 cups cut up allowed vegetables

2 tablespoons vegetable oil or allowed butter

3/4 cup whole grain

3 cups allowed broth (canned or homemade according to allowed ingredients)

1 tablespoon herb mixture, such as parsley, basil, mustard, thyme, tarragon, etc.

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Sauté meat pieces and mushrooms/leek/onion/garlic in hot oil or ghee/butter until lightly browned. Add to bottom of crock-pot. Place veggies on top. Top with allowed grains. Pour broth over all. Top with seasonings. Cover and cook on LOW for 6-8 hours, or until grain is tender (not mushy – refined grains will cook much more quickly.)

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## Linda's Simple Oil Biscuits

2 cups allowed flour

3-1/2 to 4 teaspoons baking powder (product with allowed ingredients or homemade with 1 part baking soda, 1 part allowed starch or flour, 2 parts cream of tartar (from grape). Hain Featherweight Baking Powder uses potato starch as the filler – which works well for people who test low reactive to potato

1/2 tsp salt

1/4 cup allowed oil

3/4 cup milk or substitute or water

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Preheat oven to 450 degrees. Stir together dry ingredients with a fork until well mixed. Mix oil and liquid with fork. Quickly add liquids to dry ingredients and stir with fork until dough holds its shape. Form into a large ball of dough. Knead just a little for tender biscuits, more for tougher biscuits to use for sandwiches. Lightly flour surface and gently flatten ball with hands to 1/2 to 3/4 inch. Cut out biscuits (or just cut into squares) and place slightly touching (or separated depending on effect desired) onto an ungreased baking sheet. Rub tops of biscuits with a little of allowed oil and bake approximately 10 minutes (8-12 minutes) in a 450 degree oven until lightly browned. Freeze leftovers.

Notes: For “drop” biscuits, simply add just a little more liquid or a little less flour to make a softer dough, and drop with spoon or scoop onto ungreased baking sheet. If using all whole-grain flour you may need a little more water. Adjust liquid and flour as needed for a moist, but easy-to-handle dough. At first the dough may seem too sticky, but the liquid is quickly absorbed. These are surprisingly good even with just flour, water, oil, leavening, and water. Olive or sesame oils add a distinctive flavor; use other allowed oils for a bland flavor. For variety, add allowed herbs to the dry ingredients.



## Spread Ideas

We're so accustomed to thinking that a sandwich, salad or baked potato must have butter, salad dressing or sour cream that we often draw a blank as to other possibilities. So, when it comes to alternatives you have to remember to think outside the box! There's a lot of yummy stuff to "spread" without it being butter.

1. IF cheese or milk is allowed, clarified butter or a type of butter called "ghee" is often well tolerated. What makes this different than "regular" butter is that it has been simmered/cooked for nearly an hour, and the "milk solids" are filtered out. This should be tried on a case-by-case basis, but often works well if some other dairy products are already tolerated. You can find ghee in health food or Indian grocery stores, on the internet (do a search for mail-order options), or you can make it yourself if careful with filtering.

2. Olive oil. Many use this in place of butter! For even more flavor, you may add allowed fresh or dried herbs to the oil, then dip your bread in it. (Basil, oregano, parsley and/or lemon juice come to mind.) Other oils may be used in the same way. Try walnut, almond, or sesame oils in place of olive.

3. If peppers are allowed, you can make a yummy red-pepper paste/spread by blenderizing or pureeing in a food processor. Adding black olives or avocado and lemon juice may work well too.

4. If made with allowed oil, how about sun-dried tomato paste? (Check ingredients and benzoates.)

5. Fruit puree: Mash your allowed fruit for a "fruit spread", or if this is still too runny, puree with some of the same dried or dehydrated fruit. You can also thicken purees by cooking until thickened.

6. Add mashed or sliced avocados to sandwiches.

7. Hummus works great, IF the individual ingredients have been tested and are low-reactive. Hummus is a garbanzo bean/sesame spread that can be made many different ways. It's easy and inexpensive to make yourself if commercial varieties contain your reactive ingredients. Just blend sesame seeds or use tahini; add a can of drained garbanzo beans along with seasonings, and blend until smooth. For seasonings consider cumin, garlic, pepper, lemon juice, olive or other oils. You may use other tolerated cooked or canned beans as a base.

8. Nut butters: Peanut, cashew, hazelnut, or almond butter? It's easy to make your own in a blender or food processor adding a little allowed oil. Spread with honey, or mashed allowed fruit, or cinnamon.

9. Salad Dressings: Salad Dressing with add-ins. (See RECIPES)

## Shopping Tips

### SHOP ORGANIC

Organic or all natural foods are preferred. They are a bit more expensive, but you will find they often taste so much better! They are also better for the environment and American family farmers. The higher cost per pound doesn't seem so high when you realize the price of ONE restaurant meal out may offset the cost of buying organic for a week. Although foods grown organically without chemicals, sprays or insecticides are preferable; they are often expensive and not readily available. Buy the freshest foods available even if they are not organic. Plain frozen fruits, vegetables, fish and other seafood are often good and economical choices.

### LABELS

Read labels of all foods carefully. If an item contains even one untested ingredient, it's not allowed until "proven" safe in later phases.

### SEASONING

Throughout your phases, foods may be flavored or seasoned only with allowed seasoning, fruits, vegetables, or oils.

### STOCK UP

Begin by stocking up on your allowed foods.

### PROCESSED FOODS

Avoid foods treated with sulfites, processed, smoked or cured meats and other chemicals.

### FRESH FOODS

Look for products that are mainly fresh, frozen, or packed in their own juice.

### Finding organic foods

To find organic, you can check in your local supermarket or health food grocer. Nationally you will find organic foods at stores such as Whole Foods, Bread and Circus, Central Market, Elliot's Natural Foods, Fresh Fields, Wild Oats, Vitamin Cottage, Trader Joe's, Sun Flower, Gelson's, Sprouts, Sunrise Health Food Store, Raley's, Mother Gooch's, Sunnyside Food Market, Basic Foods, and others.

There are also online organic food companies:

<a href="http://naturalgrocers.com">naturalgrocers.com</a>	<a href="http://pacificbakery.com">pacificbakery.com</a>
<a href="http://diamondorganics.com">diamondorganics.com</a>	<a href="http://futtersnutbutters.com">futtersnutbutters.com</a>
<a href="http://healthy-eating.com">healthy-eating.com</a>	<a href="http://bobsredmill.com">bobsredmill.com</a>
<a href="http://allergygrocer.com">allergygrocer.com</a>	<a href="http://arrowheadmills.com">arrowheadmills.com</a>
<a href="http://sunorganic.com">sunorganic.com</a>	<a href="http://quinoa.com">quinoa.com</a>

### NUTS

Buy allowed nuts in the shell, as nut butters, or packaged without added oils or seasonings (only salt is allowed).

### OILS

Look for allowed oils (made from allowed grains or nuts) in health food stores or special food sections of regular supermarkets. Cold pressed oils are preferable, if available.

### WATER

Drink pure water (pure spring water, distilled water, mineral water bottled in glass, or filtered water). Filters can be purchased to purify water as it comes from your tap. An activated charcoal filter will remove most chemical residues.

# Common & Hidden Sources of Test Substances

The following list describes common and potentially hidden sources of the foods on the MRT 170 Profile to assist you in your process of getting better.

This list is not exhaustive, as there are dozens of new food products being brought to market every month, but it will go a long way toward making you aware of what to watch out for when shopping or eating out. An obvious rule of thumb is that if you are reactive to it and it says it in the name (for example All Beef Franks, Wheat Thins, Cabbage Rolls, Rice Cakes, Corn Fritters, etc.) don't eat it.



Your success on the LEAP program is directly related to the complete elimination and avoidance of offending foods and chemicals, in all their forms from your diet. This means thoroughly reading labels when shopping and asking about ingredients when eating out. Remember, your improved health is up to you!

## Foods and their common & hidden sources

### ALMONDS

Almond butter, almond milk, almond oil, almond paste, candies, cereals, marzipan, Chinese foods, Indian foods, Middle Eastern foods, baked goods, amaretto.

### AMARANTH

Amaranth is a grain that is becoming more popular as a wheat alternative. Amaranth flour, some specialty baked goods such as breads, muffins, pancake/waffle mixes.

### AMERICAN CHEESE

Processed cheeses, fast-food cheeseburgers, packaged macaroni and cheese dinners, nachos, Velveeta.

### APPLE

Apple butter, apple cider, apple cider vinegar, apple juice, apple pie, applesauce, baked dessert goods, dried apples, dried fruit mixes, fruit juice blends (without apple in the name), preserves or jellies, flavored yogurts.

### APRICOT

Apricot juice, apricot oil, baked dessert goods, dried apricots, fruit cocktails, fruit juice blends, fruit preserves and jellies, fruit syrups, flavored yogurts.

### ASPARAGUS

Soups, frozen mixed vegetables, Chinese foods.

### AVOCADO

Avocado oil, guacamole, Mexican foods.

### BANANA

Banana chips, baked goods, flavored yogurts, candies.

### BARLEY

All-purpose flour, barley flakes, barley flour, barley sugar, candies, cereals, Ener-G barley mix, enriched flour, malt, malted barley, pearled barley, baked goods, soups, beer, trace amounts in soy and rice milks. VERY COMMON INGREDIENT.

### BASIL

All-purpose flour, barley flakes, barley flour, barley sugar, candies, cereals, Ener-G barley mix, enriched flour, malt, malted barley, pearled barley, baked goods, soups, beer, trace amounts in soy and rice milks. VERY COMMON INGREDIENT.

### BEEF

Beef bouillon, beef broth, beef franks, beef gravies, beef pastrami, beef sausage, brisket, corned beef, ground beef, gravies, hamburger, roast beef, soups, stews, Gelatin capsules.

### BEET

Beet greens, soups, sugar, beet sugar, natural food coloring.

### BLACK PEPPER

Salads, salad dressings, soups, sandwiches, rubs, marinades, VERY COMMON INGREDIENT.

**BLUEBERRY**

Baked dessert goods, flavored yogurts, ice creams.

**BOK CHOY**

Chinese dishes, soup, stir fry.

**BROCCOLI**

Soups, frozen vegetable mixes, slaws, Chinese foods (stir fry).

**BRUSSELS SPROUTS**

Soups, frozen vegetable mixes, slaws.

**BUCKWHEAT**

Buckwheat flour, buckwheat groats, buckwheat noodles, kasha, pancake mixes, ramen (Oriental) noodles, hot and cold cereals.

**BUTTERNUT SQUASH**

Soups, roasted veggies, some pasta dishes such as lasagna, butternut squash fries, pizza.

**CABBAGE**

Chinese cabbage, coleslaw, kim chee, prepared salads, soups, sauerkraut.

**CANTALOUPE**

Fresh mixed fruit cocktails, cantaloupe juice.

**CARDAMOM**

Indian foods, Middle Eastern foods, curry dishes, rice dishes.

**CAROB**

Chocolate substitutes, deserts, hot cocoa substitutes

**CARROT**

Carrot juice, spaghetti sauces, mixed vegetable juices like V8, soups, stews.

**CASHEW**

Cashew butter, cashew nut milk, Indian foods, Oriental foods.

**CATFISH**

Fried Catfish

**CAULIFLOWER**

Soups, mixed frozen vegetables, vegetable slaw.

**CAYENNE PEPPER**

Mexican foods, Indian foods, Thai foods, curry mixes and hot spicy foods.

**CELERY**

Mixed vegetable juices, soups, salads, Oriental foods.

**CHARD**

Soups, salads, sautéed chard, stir-fries, greens.

**CHEDDAR CHEESE**

Casseroles, pizzas, sandwiches, soups, Mexican foods

**CHERRY**

Baked dessert goods, fruit juice mixes.

**CHICKEN**

Frozen dinners, soups, chicken bouillon, flavoring in seasoning packets, chicken tenders, buffalo wings, hot wings, chicken nuggets, chicken breast.

**CINNAMON**

Baked dessert goods, cinnamon tea, chai tea, curry powder, Indian foods, prepared desserts, spiced teas.

**CLAM**

Soups, fried clams, seafood dips.

**COCOA**

Baked dessert goods, candies, chocolates, desserts, ice creams, mocha beverages, soft drinks.

**COCONUT**

Baked dessert goods, coconut milk, coconut oil, chocolates, Indian foods, self-basting turkeys, Thai foods. Sodium laureth or lauryl sulfate (soap, toothpaste).

**CODFISH**

Frozen fish sticks and fish dinners.

**COFFEE**

Candies, cappuccino, coffee liqueur, espresso, coffee flavored beverages, decaffeinated coffee.

**CORIANDER SEED**

Indian, Middle Eastern and Asian cuisines, spice rubs, marinades, chilis, sauces, soups and curries.

**CORN**

Anything that says CORN; alcoholic beverages (whiskey, bourbon, American wines, beer) aspirin, baking powder, bacon, baked goods, candies, cheeses, cooking oil, corn starch, starch, cereals, dessert foods, dextrose, maltodextrin, Equal®, Splenda®, Sweet & Low®, fruit juices, fructose, graham crackers, gravies, gum, ham, hominy, jellies, ketchup, lozenges, Mexican and Latin foods, margarines, peanut butters, popcorn, processed meats, soft drinks, toothpastes, vegetable oil mixes, vitamins, vinegar, glucose syrup, quinoa pasta. Corn starch or starch in medications. Extremely sensitive people may react to cow's milk, if the dairy cow has eaten corn. **VERY COMMON HIDDEN INGREDIENT.**

**COTTAGE CHEESE**

Cottage cheese, Italian foods.

### **COW'S MILK**

Anything that says milk, artificial butter flavor, butter, buttermilk, chocolate, cream, cream cheese, evaporated milk, half and half, ice cream, curds, custard, ghee, hydrolysates (milk protein, protein), lacta- or lacto-anything, lactalbumin, lactalbumin phosphate, lactose, lactulose, sour cream, nougat, pudding, caramel candy and syrups, non-fat dry milk, Ovaltine®, filled candy bars, brown sugar, high protein flour, creamed soups, margarine, skim milk, Simplese®. **VERY COMMON HIDDEN INGREDIENT.**

### **CRAB**

Seafood soups, Seafood dips, salads, soups, imitation crab, Chinese food, crab cakes, stuffed crabs.

### **CRANBERRY**

Cranberry juice, cranberry sauce, mixed fruit juices, dried cranberries.

### **CUCUMBER**

Pickles, salads, Middle Eastern sauces, Japanese foods.

### **CUMIN**

Curried foods, Indian foods, chili, chili powder.

### **DATE**

Baked goods such as breads, cakes or muffins, smoothies, energy bars, date balls.

### **DILL**

Sausage, pickles, dill oil, herbal seasoning mixes.

### **EGG WHITE**

Baked goods, egg white, mayonnaise, albumin, globulin, protein powders, livetin, vitellin, ovo-, ova-, soups, ice creams, dessert foods, mayonnaise, meringue, omelets. **VERY COMMON INGREDIENT.**

### **EGG YOLK**

Baked goods such as cookies & cakes, breaded foods, batter-fried foods, Caesar salad dressing, cream pies, custards, puddings, ice cream, pasta, omelets. **VERY COMMON INGREDIENT.**

### **EGGPLANT**

Eastern European foods, Indian foods, Italian foods, Japanese foods, baba ganoush.

### **FLAX SEED**

Flaxseed oil, smoothies, muffins, cookies, breads, granola.

### **GARBANZO BEANS**

Also known as chickpeas, bean salads, Indian foods, gram flour, pakoras, hummus.

### **GARLIC**

Baked goods, many different ethnic foods, spaghetti sauces, soups, spice mixes. **VERY COMMON INGREDIENT.**

### **GINGER**

Curry, baked goods, candies, Indian foods, Oriental foods, eggnog, ginger ale, root beer.

### **GOAT'S MILK**

Goat cheese, goat's yogurt.

### **GRAPE**

Cream of tartar, grape juice, wine, wine vinegar, tartrate baking powder, cereals, fruit juice blends, raisins.

### **GRAPEFRUIT**

Grapefruit juice, fruit juice blends, canned fruit cocktail mixes.

### **GREEN BEAN**

Oriental foods, soups, stews.

### **GREEN PEA**

Cream peas, crowder peas, split peas, Chinese foods, Indian foods, soups, frozen mixed vegetables.

### **GREEN PEPPER**

Banana peppers, bell peppers of any kind, cubanelle peppers, cherry peppers,

### **HALIBUT**

Can be prepared baked, seared, or roasted. Served in soups, stews, fish stock.

### **HAZELNUT**

Hazelnut oil, mixed nuts, baked goods, nut breads, chocolate candies, flavored coffees.

### **HONEY**

Candies, natural soft drinks, sodas, cereals, mixed fruit and juices.

### **HONEYDEW**

Fresh mixed fruit cocktails.

### **HOPS**

Hops beer, root beer, soft drinks.

### **KALE**

Salads, smoothies, kale chips, soups.

### **KAMUT**

Kamut is a supposed wheat alternative, but is actually very similar antigenically to wheat. If you have a wheat sensitivity of any kind it is best to stay away from kamut. Puffed kamut, specialty breads, "wheat-free" breads.

### **LAMB**

Ground lamb, lamb chops, lamb roast, gyros, many ethnic foods.

**LEEK**

Soups

**LEMON**

Baked dessert goods, candies, soft drinks, ice creams, ices, condiments.

**LENTIL**

Indian foods, canned soups and stews, veggie burgers.

**LETTUCE**

Salads, sandwiches.

**LIMA BEAN**

Canned or packaged soups, frozen vegetable mixes, succotash.

**LIME**

Beverages such as margaritas, Mexican dishes, salsas, salad dressings, Indian dishes, Thai dishes, baked goods such as key lime pie.

**MANGO**

Indian foods, ice creams, mixed tropical fruit juices.

**MAPLE**

Maple syrup, maple sugar, cookies, deserts, anything with maple flavoring

**MILLET**

Millet flour, mixed flours, puffed millet, hot and cold cereals.

**MINT**

Spearmint and Peppermint, chocolates, candies, baked goods, desserts, cough medicines, herbal teas, chewing gum, Indian foods, Accent®, toothpaste, mouthwash.

**MUNG BEAN**

Whole beans, bean sprouts, bean paste, soups.

**MUSHROOM**

Canned soups and stews, Chinese foods, pizza.

**MUSTARD**

Mustard seed, curry powder, Indian foods, spice mixes, potato salad, egg salad, prepared salads.

**NAVY BEAN**

Soups, salads, chilis, Boston baked beans.

**NUTMEG**

Baked goods such as muffins, pies, or cookies. Rice pudding, cider eggnog.

**OAT**

Ener-G oat mix, oat flour, oat bran, breakfast bars, baked goods, hot and cold cereals.

**OLIVE**

Black olives, green olives, olive oil, ethnic foods (Greek, Italian, Middle Eastern).

**ONION**

Chives, green onions, picante sauce, salsa, many ethnic foods, seasoning and spice mixes, canned or packaged soups, pickles, relishes, condiments, prepared meats. **VERY COMMON INGREDIENT.**

**ORANGE**

Anything orange, orange juice, fruit juice blends, soft drinks, candies.

**OREGANO**

Italian, Indian and Mexican foods, herb/seasoning mixes, spaghetti sauces, sausages, prepared meats.

**PAPAYA**

Fruit juice blends, mixed tropical fruits, frozen desserts, flavored yogurts, papain - meat tenderizer and papain digestive enzymes.

**PAPRIKA**

Chili powder, chili sauce, baked goods, soups, spice/seasoning mixes.

**PARSLEY**

Herb/seasoning mixes, soups, salads, garnish.

**PEACH**

Baked dessert goods, fruit juice blends.

**PEANUT**

Anything peanut, beer nuts, mixed nuts, peanut oil, Nu-Nuts®, peanut flour, African foods, Chinese foods, Thai foods, candies, chocolate, egg rolls, hydrolyzed plant protein, hydrolyzed vegetable protein, marzipan, nougat, shortening, mayonnaise, cooking oils, Indian foods.

**PEAR**

Fruit juice blends, fruit cocktail.

**PECAN**

Pecan oil, baked goods, candies, chocolates, ice creams.

**PINEAPPLE**

Candies, fruit juice blends, Chinese foods, digestive enzymes (bromelain).

**PINTO BEAN**

Mexican foods, refried beans, tacos, burritos.

**PISTACHIO**

Ice cream, desserts.

**PLUM**

Prunes, prune juice, low fat baked goods.

### **PORK**

Anything pork, bacon, hot dogs, sausages, canned baked beans, soups, Chinese foods, Gelatin capsules.

### **PUMPKIN**

Baked goods such as pumpkin bread or pumpkin pie, soups, roasted vegetable mixes.

### **QUINOA**

Quinoa pasta.

### **RAINBOW TROUT**

Prepared grilled, baked, seared, smoked, or roasted.

### **RASPBERRY**

Desserts, candies, flavored yogurts, fruit juice blends, cold cereals.

### **RED KIDNEY BEAN**

Bean salad, chilis, soups, red beans & rice, creole dishes.

### **RICE**

Anything rice (brown or white), miso, mochi, rice noodles, rice flour, rice syrup, saki, suchi, sashimi, Oriental foods, Indian foods, baked goods. Rice starch used in medications/supplements. **VERY COMMON INGREDIENT.**

### **ROOIBOS**

Rooibos tea (most common). Can be used as a flavor enhancer in chilis, sauces, smoked meats, and in desserts, like panna cotta or milk tart; and dairy products, like yogurt and milkshakes (typical in South African cuisine).

### **ROSEMARY**

Soups, stews, chicken dishes, lamb dishes, pork dishes, tomato sauce, pizza, pastas.

### **RYE**

Baked goods, snack crackers, rye crisps, cream of rye, stuffing mixes, dry bread crumbs, triticale flour, whiskey.

### **SALMON**

Chowders, fish stock.

### **SCALLION**

Salads, soups, noodle & seafood dishes. Common in Asian & Mexican foods.

### **SCALLOP**

Frozen seafood dinners, breaded scallops.

### **SESAME**

Oriental foods, ethnic foods and candies, halva, tahini, hummus.

### **SHRIMP**

Frozen seafood dinners, Chinese foods, Cajun foods, fish stews.

### **SOLE**

Fresh or frozen. Grilled, baked, broiled, roasted.

### **SOYBEAN**

Chocolate, hot dogs, vegetarian hot dogs, soy cheese, soy flour, soy protein powder, soy sauce, tamari, cooking oils, soybean oil, vegetarian hamburgers, meat substitutes, texturized vegetable protein, hydrolyzed vegetable protein, Oriental foods, tofu, tempeh, soy milk. **VERY COMMON HIDDEN INGREDIENT.**

### **SPELT**

Spelt is a supposed wheat alternative, but is actually very similar antigenically to wheat. If you have a wheat sensitivity of any kind it is best to stay away from spelt. So-called "wheat free" breads and baked goods.

### **SPINACH**

Salads, baked goods, lasagna, Italian foods.

### **STRAWBERRY**

Candies, desserts, fruit juice blends, flavored yogurts, ice creams, syrups.

### **SUGAR**

Also known as sucrose. Baked goods, candies, chocolate, soft drinks, sweetened beverages, cereals, sweets, ice creams, desserts, caramel coloring, processed meats, soups, spaghetti sauce, canned and prepared foods, Succanat®, Splenda®, brown sugar, molasses. **VERY COMMON INGREDIENT**

### **SUNFLOWER SEED**

Sunflower oil, mixed nuts, sunflower seed butter.

### **SWEET POTATO**

Sweet potato flour, Indian foods, some baked goods, yams.

### **TAPIOCA**

Tapioca pudding, gluten free breads, soups

### **TEA**

Black tea, green tea, oolong tea, orange pekoe tea, pekoe tea.

### **TILAPIA**

Tilapia fish

### **TOMATO**

Ketchup, catsup, picante sauce, spaghetti sauce, salsa, mixed vegetable juices, mixed alcoholic drinks, soups, condiments. **VERY COMMON INGREDIENT.**

### **TUNA**

Tuna salad, tuna fish sandwiches.

### **TURKEY**

Ground turkey, turkey franks, turkey sausage, turkey ham.

### **TURMERIC**

Curry, Indian foods, Middle Eastern foods, Thai foods, margarines, soft drinks, orange cheeses.

### **VANILLA**

Baked goods, candies, soft drinks, beverages, desserts, ice creams, flavored coffees, flavored yogurts.

### **VENISON**

Steaks, tenderloin, roasts, sausages, jerky, burgers.

### **WALNUT**

Walnut oil, baked goods, candy, mixed nuts.

### **WATERMELON**

Fruit juice blends, candies.

### **WHEAT**

Anything wheat, all purpose flour, baked goods, bulgur, couscous, hot and cold cereals, crackers, pasta, anything semolina, triticale flour, soy sauce, whole wheat flour, pancake mixes, bread mixes, matzo, cereal binders & fillers, cereal protein, cereal starch, soups. VERY COMMON INGREDIENT.

### **WHEY**

Protein shakes, protein bars, energy bars, baked goods, meal replacement powders, canned soups

### **WHITE POTATO**

Baked goods, soups, stews, Indian foods, American foods, snack foods, potato starch.

### **YEAST (BAKER'S AND BREWER'S)**

Baked goods, hydrolyzed yeast protein, enriched hot and cold cereals, hotdogs, fortified milk, mushrooms, truffles, all kinds of cheeses, vinegars, catsup, fermented beverages, beer, dried fruits, bouillon cubes, soups, leavening, brewer's yeast, vitamin supplements (unless labeled 'yeast free'). VERY COMMON INGREDIENT.

### **YOGURT**

Frozen yogurts, Indian foods, Greek, Mediterranean & Middle Eastern foods.

### **ZUCCHINI**

Fresh or frozen. Soups, salads.

## **Other ingredients to note**

### **CARAMEL COLOR**

The problem with caramel color is it may or may not contain corn, wheat, cane or beet sugar, milk or barley depending on how it is manufactured. In the U.S.A. caramel color must conform to the FDA standard of identity from 21CFR CH.1. This statute says: "the color additive caramel is the dark-brown liquid or solid material resulting from the carefully controlled heat treatment of the following food-grade carbohydrates: dextrose (corn sugar), invert sugar, lactose (milk sugar), malt syrup (usually from barley malt), molasses (from cane), starch hydrolysates and fractions thereof (can include wheat), sucrose (cane or beet sugar).

### **DEXTRIN**

Dextrin is an incompletely hydrolyzed starch. It is prepared by dry heating CORN, waxy maize, waxy milo, potato, arrowroot, WHEAT, RICE, tapioca, or sago starches, or by dry heating the starches after: (1) Treatment with safe and suitable alkalis, acids, or pH control agents and (2) drying the acid or alkali treated starch. (1) Therefore, unless you know the source, you must avoid dextrin if you are reactive to any of the above.

# LEAP Menu Planner

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
SUNDAY						
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						

# LEAP Menu Planner

PHASE 1	PHASE 2	PHASE 3	PHASE 4	PHASE 5
PROTEINS				
GRAINS & STARCHES				
VEGETABLES				
FRUITS				
DAIRY & MISC.				
NUTS, SEEDS, & OILS				
FLAVOR ENHANCERS				
OTHER				