

## Nutrition for Maximum Performance

Ok so over the next few weeks we are looking to change your diet to support fat loss and muscle maintenance, lower inflammation and most importantly kick start your bodies own natural healing mechanisms. At the same time we want to balance blood sugar and hormones, while increasing your energy levels and cognitive function to better aid performance in general.

This is not your mum's low-fat diet. Instead, you'll focus on eating high-quality, nutrient-dense foods that fuel your body.

And...

No calorie counting. Ever.

So what we're looking at in simple steps is:

- 1. Reduce the amount of sugar eaten.** Sugar comes in many hidden forms, including fruit juice, sports drinks – even sauces and salad dressings. Even naturally-derived sweeteners like honey, maple syrup, and agave can mess with your blood sugar and make you fat. Most carbohydrates break down as sugar so we're going to be avoiding them swell.
- 2. Replace sugar with the right fats.** Replacing sweeteners with healthy fats like grass-fed butter, ghee, Brain Octane Oil, XCT Oil, cocoa butter, and coconut oil reduces cravings and gives you more energy. Avoid bad fats like corn, soy, and canola oil and unstable polyunsaturated fats like walnut, flax, and peanut oil.
- 4. Remove grains and gluten.** Wheat is a particularly important grain to avoid because of the many negative effects of gluten, a protein found in wheat and other grains. But this category also includes corn, oats, barley, and other cereal grains.
- 5. Eliminate all synthetic additives, colourings, and flavourings.** This includes aspartame, MSG, dyes, and artificial flavourings.
- 6. Eliminate legumes** such as peanuts, beans, and lentils. If you must have beans, soak, sprout (or ferment), and cook them yourself.
- 7. Remove all processed, homogenised, and pasteurised dairy.** Most dairy products contain casein and lactose, two compounds that cause inflammation and digestive distress in many people. Grass-fed butter has much lower levels of casein and lactose because of the churning process, which removes the buttermilk from the butterfat. Most people feel a lot better removing milk, cheese, and other dairy products entirely, but if you want to keep some dairy products, opt for full-fat, raw dairy from grass- fed

COWS.

8. **Cook your food gently**, if at all. Smoking, frying, and grilling can damage the proteins in your meat and produce carcinogens that adhere to the surface. Best to cook your food slow and low, at or under about 320°F. Do not use microwaves or fry your food.
9. **Limit fruit consumption** to 1-2 servings per day. Fruits are not vegetables. Favour low fructose-containing fruits like berries and lemons over higher sugar fruits like watermelon and apples.
10. **Switch to grass-fed meat and wild caught seafood.** The quality of your food matters. Choose pastured, grass-fed meat like beef, lamb, and bison. Pastured eggs, pork, chicken, turkey, and duck also make good clean sources of protein. Eat significant amounts of fish and other seafood, but make sure your fish is wild – never farmed! **Switch to organic fruits and vegetables.** This is more important for some plants than others.
11. **DO NOT MIX FATS AND CARBS.** When you consume carbs you spike insulin, which primes the cells to receive nutrients. Which means the fat you're eating is going to enter the cell as well. Now this is a special case as you can't avoid it all the time, but just don't do it for every meal...personally I stay off carbs totally (apart from the carbs found in veg which react differently) until my evening meal and then if I'm having fat will have a smaller portion of it.
12. **Don't over eat.** I don't want you to count calories but this isn't a license to stuff your face at all all opportunities. For the first few days you almost certainly will do this and that's fine (it's your chimp brains response to a change in diet where it's worried your going to starve to death) but what I'd expect to see after a few days a week at most is that your appetite stabilises, your chimp brain chills out and you find it much easier to eat until you are **satisfied** (not full to bursting!) and then stop.
13. **Don't over rely on exercise.** Exercise does not burn fat...diet does. Do not think you can eat what you want and then go to the gym and burn it off...it doesn't work like that and in fact that will probably make you worse! Get your diet under control first.
14. **When you are stressed EAT LESS.** When you are stressed your body releases hormones which cause you to store more fat...even if you're eating healthy food. If you are having a very stressful day, this could be a good day to fast, or at least to reduce your food intake.

## FAQ

## **Does this mean I can't eat anything sweet? What do I put in my coffee?**

Absolutely not, sugar isn't inherently bad in fact our body needs sugar. The problem is that it has become so prevalent in our society that most of us are taking in HUGE amounts of it without really being conscious of it. What we need to do is eliminate as much as we can all forms of processed sugar and if we have to replace it with more natural forms. Honey, Xylitol or Erythritol.

HOWEVER!!! I'm always a little wary of giving this advice as many people take it as a green light to eat as much of these natural sweeteners as possible. That is not the intention. I'm saying if you can't live without sugar then these are better ways of getting your sweet fix.

## **What do I eat for breakfast?**

This is for many a huge problem but don't worry in the recipes we're going to give you a load of tasty, easy and quick breakfasts that will have you wondering how you ever managed to live on cereals and toast!

## **What about when I get a hunger attack and just need to eat now?**

Again in the recipes section we cover a load of emergency food that you can eat that will stop the rising anxiety that occurs as you get hungry!

## **Do I have to do all 10 steps at once?**

Will implementing just a few of these principles be enough to notice any difference?

Yes. Absolutely. You'll be stronger, sharper, and happier by making even the smallest changes in the right direction.

But the more you do, the better you'll feel.

## **Why gluten...I'm not celiac?**

Of all the principles laid out here, none raises so much concern as giving up gluten and grains.

To be gluten free at the moment is in vogue but many see it as a passing fad. So why am I so stringently against Gluten in all its forms?

*The answer is simple.*

**In dealing with 100's of clients I haven't yet found 1 who doesn't do better when we eliminate all gluten and gluten imitators from the diet.**

Admittedly some have greater responses than others, in some people we see total reverses in what they have been told are life long conditions such as IBS or psoriasis or worse, in others they simply notice more energy. ***Nearly all notice huge reductions in their waist line in a matter of days.***

This is often irrespective of whether these people are celiac or not.

## **Why?**

To answer this we have to go back in time to a war which has been raging for the past few million years.

When life first came about on our planet it was plants who were king of the hill. It was only several million years later that the first animals came along. And I can only imagine those animals were pretty happy as the plants provided them with a great source of food and couldn't even run away.

For the plants this was a big problem, as they, like most living things, weren't too partial to being someones lunch.

### **So they developed a few strategies to cope.**

Some decided to work with the animals.

This is why plants such as strawberries are now dependent on animals for their survival. They produce big, bright, delicious fruit designed to be eaten by a passing hungry beast who then wanders off, digests it and deposits it (*away from the parent plant so they are not competing for resources*) with its own fresh pile of manure to give it a great start in life.

### **Other plants decided to fight back.**

There are some plants for whom being eaten is the end of the road. They typically use insects or just the wind to aid in their reproductive efforts and so for them having the fruit eaten by some passing animal effectively means they've failed.

### **These plants have become masters at a deadly form of chemical warfare, and they have had millions of years to perfect it.**

These plants surround and infuse their seeds or fruit with chemical poisons strong enough to kill insects that sink their teeth into it and seriously upset even bigger animals that decide it makes the perfect entree.

In the larger animal although the plant will still be eaten it may well make the animal ill enough that it never wants to eat any more of that particular species again, in short it takes one for the team.

### **All cereals fall into this category.**

In human the chemical of choice for the cereals in this plant based warfare is gluten.

When humans ingest gluten it sets off a response in the gut forcing the body to release zonulin.

Zonulin serves as a signaller to the body to open the tight junctions in the gut lining.

**"What the hell are you talking about Sam?"** I hear you cry!

Let me rewind a little...

Your gut lining is the last defence against ingested invaders, it's purpose is to let nutrients and minerals into the blood stream so they can be shipped off to wherever they are needed, whilst keeping all the nasties out.

### **Imagine the gut lining as a brick wall.**

The bricks are the actual cells of the wall and the mortar forms the tight junctions. The tight junctions are (just like the name suggests) designed to be tight. Slightly porous they should let through the right molecules but keep out the larger nastier ones, think of them as bouncers on a nightclub door.

Zonulin signals to these tight junctions to open up and let anyone in. This is one form of leaky gut and it can have terrible consequences on the body.

Not only are any parasites now free to have a party in any part of your body they choose, even worse, bits of food that actually should be good for you (spinach, avocado etc) may penetrate the gut wall but because they haven't yet been properly digested and broken down into a form the body can use the immune system won't recognise them as nutrients but as invaders.

### ***The immune system swings into action (causing more inflammation) and tags these food particles as enemies and sets to work eliminating them.***

Unfortunately some of these food particles can look remarkably similar to parts of your own body and your immune system isn't very good at differentiating between invaders that look similar. Since your immune system has now tagged the original "invaders" and your own body's cells look so similar it sets to work attacking these cells in your own body. This is the essence of an autoimmune disease.

What's more every time you now eat this tagged food your body initiates an immune response against it, raising inflammation and leading to food sensitivities despite the fact that the offending food *should* be a healthy food.

Ok so maybe your thinking, "*ok great, well I'll cut out bread.*"

### **I wish it were that simple.**

The problem is two fold.

1. Gluten is everywhere and it goes by various aliases to disguise itself (I give you a full list of gluten aliases in the resource section)
2. We've already said the immune system isn't very good at telling similar looking particles apart. There are several forms of gluten all very similar in structure which the body can get confused between and mount an immune response to. These "**similar to gluten**" offenders are found in all cereals and will in most people have the same effect on the body and the immune response as if you'd eaten gluten.

I find that the best way to ensure you avoid this is to simply avoid all grains (at least in the short term I have had some success with introducing these later on with several clients once they have repaired the gut wall and reset the immune system).

Now if you're like most people at this point your thinking,

### ***“Give up cereals, how on earth could I do that?”***

Try it for a week, for most people this is all they need to notice a **HUGE** difference which in and of itself is normally enough to encourage people of the **HUGE** benefits of this.

So how does this link back to your performance in life and your waist line?

Anything we can do to reduce stress will leave us with more energy to do the stuff we really want to do. We also know stress leads directly to weight gain. So controlling inflammation, thereby reducing stress and allowing the immune system to focus on making us stronger is a huge priority.

If you are eating foods that are **causing** inflammation and provoking an immune response (and thus a stress response) several times a day that's a HUGE drain on your bodies resources (resources that could be used to make you stronger, faster and better) and a massive signal to store fat.

### **A WORD TO THE WISE**

Many people who tell me they've given up gluten and didn't notice any difference aren't actually giving up gluten. My first question to these folks is always, ***“What exactly did you give up”*** the answer is often bread and breakfast cereals or very often just bread.

**As mentioned before if you do this you most likely won't feel any effect, because you're still taking in gluten from all its hidden sources and you're probably still eating other cereals.**

For a full list of all the codewords and Pseudonyms used for Gluten see the ***“What To Eat”*** download in the FUEL Resources lesson (In The Program Module).

### **GLUTEN FREE FOODS**

A lot of people read this and think that stuff labelled as Gluten Free must be ok. Again I hate to be the bearer of bad news, but this simply isn't true. Gluten free does not mean grain free and so can still cause problems in many people.

Also often these products are often packed full of artificial flavourings and the like to make them taste good despite the fact they are missing gluten. So you're just swapping one evil for another.

### **This Sounds Really Hard Work...**

It's a lifestyle and for some once they discover the benefits they find it's not worth the sacrifice. For others the benefits are great enough they choose to live this way for ever.

All I'm offering here is choice. **My goal with this entire program is that in 6 weeks you know the exact consequences of eating any type of food.** So you can decide to eat something to which you are sensitive you know exactly what the result will be, if you decide to take the hit, no problems go for it. But it is you who in control, who understands the cause and effect cycle and you do not feel as though you are a victim to the whims of roller coaster energy, bloating, weight yo yo-ing etc. but instead 100% understand the principles behind all these things and what causes them for you.

Look it's possible that you are one of the people who react differently to gluten (*I'm sure there are some out there who have a different biological reaction to gluten, we are all so different I'd be amazed if there weren't*) but if you're suffering with low energy, weight gain, migraine, insomnia, bloating or pretty much any other symptom under the sun this could just be the breakthrough you need to turn it all around.

## **IS THIS FOREVER?**

Regardless this isn't necessarily something you'll have to do forever. We often find once we have removed an inflammatory food for long enough and allowed the body a chance to repair itself. We can reintroduce it (in reduced quantities) without provoking such a severe reaction, as the body now has a higher level of resilience in general.

## **Cooking Methods**

One of the primary goals of these next few weeks is to reduce as much inflammation from all sources as possible, to make you feel and look amazing all the time.

You already know it's important to feed your body high quality foods, yet many people don't realise this major step that makes a huge difference: It's not just about WHAT you eat – it's about HOW you eat (and cook and prepare) it.

How we cook our food is a critical piece of the puzzle. If you buy the right foods but then you char them to death, you aren't doing anybody much good.

Quite a lot of toxins are formed in food during certain cooking methods. So the way you process and cook your food (particularly proteins and fats) plays a large role in your body's level of inflammation.

Upon researching modernist cuisine, the science revealed quite clearly which cooking methods reduce inflammation and which ones caused it. This is why how you cook your food is just as important as what you eat – an often over-looked, but critical, aspect of peak performance.

Cooking methods to avoid:

BBQ (sorry!) Microwave, Deep Fried, Charred

## **Better methods**

Steaming (this is the absolute best way to go), Lightly grilled

If frying or baking see below for which fats to use.

## **Fats**

If you want to make a meal more satisfying, a surefire way is to add fat.

Certain fats are nutrient-dense, great for you, and – perhaps most importantly – tasty.

That said, not all fats are suitable for all types of cooking. For example some fats don't tolerate high heat.

What if you want to sear some salmon or sauté some veggies? Ideally you'll use a tasty, nutrient-rich fat with a higher smoke point. It's best to cook all your food below 320° F to avoid carcinogen formation.

If you do cook at a higher heat, though, it pays off to choose an oil that won't burn or oxidise on you. Below we give you some of the best fats for higher-heat cooking based on four criteria: vitamin content, smoke point, fatty acid composition, and...well... deliciousness.

GRASSFED BUTTER OR GHEE  
AVOCADO OIL  
EXTRA VIRGIN OLIVE OIL  
BEEF TALLOW  
COCONUT OIL

## **Herbs & Spices**

Most herbs and spices are good for you and antioxidant function.

It's also common for them to improve your gut flora, but which are the best?

Herbs, spices, and other flavourings are powerhouses of nutrients and in general you want to use of many of these in your cooking as you can to minimise anti-nutrient exposure, and keep you firmly in charge of your own biology.

Over the next few weeks we'll be looking to help you to heal your gut by eating anti-inflammatory foods that also are delicious and satisfying. Many chronic diseases and certainly a HUGE drop in performance result from inflammation on the cellular level or in one or more (or all) body systems. Reducing inflammation to ideal levels is key to achieving optimal functioning, enhanced immunity, vibrant energy, mental clarity, and all the other things that give you the kind of energy you want to have all day.

Chinese and Ayurvedic medical practitioners have used herbs and spices to treat all manner of ailments, thanks in large part to their anti-inflammatory and antioxidant properties, and probably due to changes they cause in the gut biome.

Inflammation and oxidation are closely related: antioxidants quell free radicals that damage cells and lead to inflammation.

Nutrients can also prevent inflammation through other pathways, notably by turning off genes that trigger inflammatory proteins or processes, by boosting the concentration of proteins that counter inflammation, or modulating the gut biome.

This power is highly concentrated in herbs and spices; just half a teaspoon of ground cinnamon has as many antioxidants as half a cup of blueberries, and half a teaspoon of dried oregano has the antioxidant power of three cups of raw spinach.



Our top recommendations for anti inflammatory herbs and spices:

- Sage
- Ginger
- Turmeric/Curcumin
- Cayenne
- Cinnamon
- Cloves
- Rosemary

Feel free to add as many of these as you like to any meal in the recipe list.

## Shopping

### Shopping Tips & Key Points

This is a list of best practice tips for grocery shopping. It also provides a list of criteria you can follow when selecting certain foods

### Shopping Best Practices

- Shop around the perimeter of the store. This is where most of the quality foods will be. This also eliminates impulsive buying of low quality foods from the centre aisles.
- Buying grass fed & wild caught meat/fish is your main goal.
- Don't shop when you're hungry. You're more likely to buy junk food.
- Shop with a friend if you often make poor decisions. This helps keep you accountable.
- When in doubt go without. If you see a food that you're not sure about, it's better to avoid it. (and then ask me)
- Do as much of your shopping through farmers markets and farms as possible. Nothing beats knowing your farmer.
- Buying food online is often much cheaper and easier to research.
- Don't buy supplements or protein powders from the regular grocery store. They're generally low quality and will do more harm than good.
- If it comes in a box, bag, or can, be cautious it's probably toxic.
- Absolutely no canned drinks, drinks with added sugar, fruit juices (from a packet **OR FRESHLY SQUEEZED**), tea or coffee is allowed especially herbal teas (but with no milk or sugar added). Water is best, filtered tap water or from a glass bottle.

### Buying Meat/Fish Products

- 100% grass fed and grass finished is optimal.
- Grass fed, grain finished (before slaughter) is a huge step down, but may be better than conventional meat.

- Pastured doesn't mean anything unless it's also grass fed.
- Organic meat is better than conventional.
- If you can't get the above then extremely lean conventional meats (factory raised) are better than no meat at all.
- The goodness (and the toxic) are stored in the fat of the meat. So if you can get quality meat get a fatty cut, if you are eating low quality meat get lean cuts.
- Farmed salmon/fish = bad. You're better off eating fat free factory meat and supplementing with krill oil.
- Bacon and sausage may be just fine, but skip these until you know how you feel on a really clean diet. Properly cured and prepared bacon is a joy to behold and healthy, but most commercial bacon doesn't make the cut. Sausage usually has spices added that are either laden with mycotoxins, hidden MSG, or both. Avoid jerky and other processed meats. It's best to buy artisan cured bacon or sausage from your farmer or the person who made it. These tasty foods are awesome and healthy only if they're carefully prepared. Most aren't.
- Organic does not mean grass fed. In fact, "grass fed" does not always mean grass fed! Unless you verify the animal was only fed grass its entire life it was probably fed grains at some point. This is why it's best to buy from a farmer.
- Organ meats are awesome and cheap. Liver, kidneys, heart, sweetbreads etc are all packed full of nutrients. (Grass fed rules apply)

## **Buying Eggs**

- Aim for organic and pasture raised eggs. In a pinch, eggs can be factory raised because hens filter out many of the toxins that would damage their offspring. Never, ever eat "omega 3" eggs.

## **Buying Vegetables & Fruit**

- Organic vegetables are best, but go with regular vegetables if you're trying to save money. Either way, do not buy vegetables with even small amounts of brown spots or wilting – these will contain more toxins than you think.
- Organic is more important with fruit, but not essential. And you shouldn't be buying much fruit anyway!
- Frozen veggies are often fresher than "fresh" vegetables because they're frozen before they have time to spoil on a shelf.
- Wash any non organic fruit or veg in organic soap to remove pesticides.
- Don't buy canned, dried, candied, or preserved stuff.

## **Buying Fats & Oils**

- Avoid all vegetable oils including corn, cottonseed, canola, soy, sunflower, sunflower (including cooking spray). Cook only with butter, ghee or coconut oil.

- Rendered animal fat from some grass finished animals has a significant risk of mycotoxins and contains oils that are damaged from heating. It is better than vegetable oil but not as good as butter. (For flavour, I add bacon grease at the end of cooking something.)
- Coconut oil that is “naturally” processed (fermented) is often mouldy. Make sure you buy extra virgin or expeller pressed coconut oil from a reputable vendor.
- Most nut oils have mycotoxins or damaged oils or both. (This includes macadamia unfortunately.)
- Avoid anything that says “hydrogenated” or “partially hydrogenated.” Avoid “spreads” or “butter replacements” or “low fat butter” Frankenfoods.
- Olive oil is healthy only when you do not heat or cook it. High quality Extra Virgin Olive Oil may be used for cooking as it has a higher smoking point.

## Buying Herbs & Spices

- It's not a good idea to keep a wide variety of herbs and spices unless you use them up frequently. Old spices sitting in cabinets are a *\*major\** source of toxins in kitchens today.
- Choose leaf based herbs like oregano, thyme, sage, and parsley because these have a lower mycotoxin content.
- The powdered spices like nutmeg and cloves are often contaminated with mould. Go for whole herbs when you can. Quality and freshness really matter here.
- Black pepper is almost always mouldy. Soy sauce is too (it's also **laden** with gluten... avoid)
- Garlic and onion powders are often mouldy and negatively effect cognitive performance. Better to use these as medicinal herbs or sparingly. Or use the real thing.
- Never buy a spice mix or anything with spice extractives, flavours, etc.
- Buy cayenne pepper in the vitamin aisle and break open a capsule to use in cooking. It's perfectly fresh every time.

## Buying Nuts & Seeds

Nuts are not a low toxin food because they spoil very quickly once shelled, and mould contamination is a *\*major\** issue with nuts. Choose raw nuts and keep them frozen or at least refrigerated. Soaking nuts for at least 18 hours before eating will reduce some toxins, but not mould toxins. Your safest bet is to buy nuts in the shell.

## Buying Dairy

Grass Fed Butter, Grass Fed Ghee

As far as the rest is concerned...it's simple, for the moment don't do it! In any form... done, the end, finished.

## **Most peoples stumbling block - Getting Rid of Gluten**

Gluten doesn't just mean bread in fact pretty much everything you eat these days has gluten in it. To make matters worse many other products which don't contain actual gluten contain a protein that is so similar to gluten that most peoples bodies can't tell the difference and react in the same way to this protein as it does to gluten, ie create inflammation.

The main gluten offenders (in a nutshell):

- Bread
- Any grain based food (see below for full list of grains to avoid) Any processed food or food from a packet, tin or container.
- Any sauce, ketchup, mayonnaise (unless home made and you know exactly what is in it)
- Be wary of anything labelled "Gluten Free" as the gluten is often replaced with even more rubbish that you don't want in your body. Buy expensive from a reputable source.

See the APPENDIX below for a fuller list of foods and some code words the food industry uses to fool you into thinking you're not eating gluten.

Ok so we've just wiped out what I imagine is a huge part of your daily diet...the good news is that every time you were eating any of that stuff it was making you weak. We are going to replace all that bad stuff with the food that your body needs. The results are usually amazing.

### **So what can you eat?**

Fresh Veg, Fresh Fish, Fresh Meat, Fresh Fruit (in moderation).

These is the golden 4...if you forget everything else we're going to talk about if you just eat there 4 things you'll be 80% of the way there...the rest is detail.

### **Simple. Clean Everything else out of the cupboard (or hide it if you live with someone)**

The main part people struggle with here is bread so I'm going to give you a few strategies for dealing with this.

The main problem with giving up bread isn't so much the taste it's the convenience. It's so easy when we're hungry and need some thing now to just go and make a quick sandwich. So the main thing we have to replace isn't the taste it's the availability of quick things to eat.

Nuts, olives, healthy baked goodies (we'll come to them later), 85 % + cacao (chocolate), nut butters, healthy soups you can just heat up, leftovers, tinned fish, avocado's, bite size carrots, celery (dipped in nut butter). All these things will serve us for the moment in our quest to give up gluten and provide a handy snack in that moment when we need something NOW and we can't be bothered to cook...don't believe it wont happen to you...it will..definitely.

The other main thing you'll need to be is prepared. I try to plan all my next days meals the day before so I know I wont be caught short. This is especially true if i'm traveling or have a busy day...on these days leftovers and quick soups you can just heat up are a godsend. In fact I would recommend you cook in huge quantities when you have time and then label it, date it and store it away in the freezer for just such an occasion.

If you like to bake, coconut or almond flour made a delicious alternative to normal flour and while you'll have to play around a little to get the consistency right (as they require different amounts of water to normal four) the taste is in my opinion even better.

## **APPENDIX**

Anything that has any of the following ingredients (these are code words for gluten) is to be avoided.

- Avena sativa
- Barley enzymes, extract or syrup
- Cyclodextrin
- Dextrin
- Fermented grain extract
- Hordeum distichon
- Hordeum vulgare
- Hydrolysate
- Hydrolysed malt extract Hydrolysed vegetable protein
- Maltose
- Maltodextrin — this is made from corn or potatoes in North America, but maltodextrin from other countries may be made with wheat starch.
- Oat fiber
- Samino peptide complex
- Secale cereale
- Triticum aestivum
- Triticum vulgare
- Tocopherol
- Yeast extract

- Natural flavouring
- Brown rice syrup (often contains barley)
- Modified food starch — almost always made from corn, potato or rice in North American-made foods, but foods from other countries could contain starch made from wheat.
- Hydrolysed vegetable protein (HVP)
- Hydrolysed soy protein
- Spices - when listed alone on ingredients is often a code word for all the stuff they've put in but don't have to legally tell you about because it's in too small a quantity, none of it normally any good for you.
- Caramel colour — frequently made from barley, but only outside of North America. North American companies use corn to make caramel colour.

**Most of these common foods have gluten:**

- Malt/malt flavouring
- Soups
- Commercial bullion and broths
- Cold cuts
- French fries (often dusted with flour before freezing)
- Processed cheese, such as cream cheese, sliced cheese or spreadable cheese
- Mayonnaise
- Ketchup
- Malt vinegar — but balsamic, rice, wine and apple cider vinegars are naturally gluten-free, as long as they do not contain any other additives. Check the label.
- Soy sauce and teriyaki sauces
- Salad dressings
- Imitation crab meat, imitation bacon bits
- Egg substitute
- Tabbouleh
- Sausage
- Non-dairy creamer
- Fried vegetables/tempura
- Gravy
- Marinades
- Canned baked beans
- Cereals
- Commercially prepared chocolate milk

- Breaded foods
- Fruit fillings and puddings
- Hot dogs
- Ice cream
- Root beer
- Energy bars
- Trail mix syrups
- Instant hot drinks
- Flavoured coffee and teas
- Blue cheeses
- Vodka
- Meatballs, meatloaf
- Communion wafers
- Veggie burgers
- Roasted nuts
- Beer
- Oats (unless certified gluten-free)
- Oat bran (unless certified gluten-free)

**Avoid ALL Grains this includes:**

- Barley
- Buckwheat
- Bulgur
- Oats (oats themselves don't contain gluten, but are often processed in plants that produce gluten-containing grains and may be contaminated)
- Rye
- Seitan
- Triticale and Mir (a cross between wheat and rye)
- Wheat starch
- Wheat bran
- Wheat germ
- Couscous
- Cracked wheat
- Durum
- Einkorn
- Emmer
- Farina

- Faro
- Fu (common in Asian foods)
- Gliadin
- Graham flour
- Kamut Matzo
- Semolina
- Spelt
- Quinoa

This is not an extensive list...basically if it looks like a duck & quacks like a duck...it is a duck as far as grain is concerned.

Look forward to feeling and looking better!