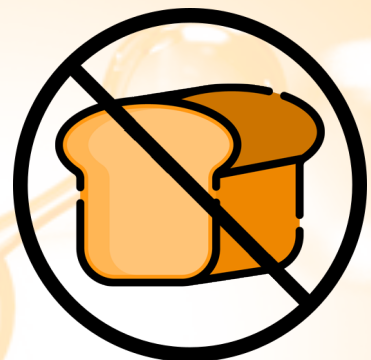
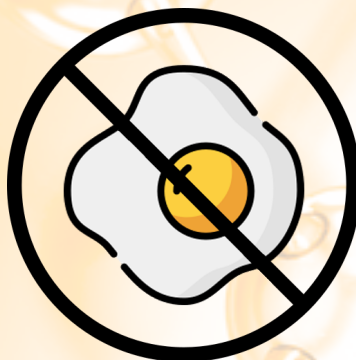




MENO CLINIC
CENTER FOR FUNCTIONAL MEDICINE

Smart Guide to Dairy, Egg & Bread



The most common food intolerances we see in our clinic are dairy, egg and wheat. We have seen great results in a wide range of conditions when individuals eliminate these food groups for a period of 30 days. Dairy, egg and bread are the staple in the American Standard Diet (SAD), and due to this, adopting this protocol takes commitment and some forward planning.

Consider the [Gut Healing Protocol](#) at the same time.

Day 1-30: Sources of Dairy, Egg, Breads to Avoid

Dairy

Foods Containing Dairy

- Au Gratin
- Baked Goods (cakes, cookies, muffins, pie crust)
- Bavarian Cream
- Bisques
- Bread
- Butter
- Buttermilk
- Candies
- Cereals
- Chocolate (some dark is OK, check label)
- Cocoa drink, mixtures
- Chowders
- Cream
- Creamed foods
- Cream sauces
- Cheese
- Curds
- Custards
- Doughnuts
- Feta
- Fritters
- Gravies
- Hash
- Ice cream
- Malt
- Malted milk
- Margarine
- Oleo
- Ovaltine
- Ovalmalt
- Pancakes
- Processed meats
- Salad dressings
- Scalloped dishes
- Scrambled eggs (possible)
- Sherbet (some)
- Souffles
- Soups
- Sour cream
- Spumoni
- Waffles
- Yogurt
- Zwieback

The following ingredients indicate the presence of dairy

- Caseinate (sodium/calcium caseinate)
- Casein
- Lactose, lactulose, lactalbumin, lactoglobulin
- Rennet
- Sodium caseinate
- Whey/Whey Powder

The following ingredients may indicate the presence of dairy

- Carmel Color
- Emulsifier
- Protein
- Carmel Flavoring
- Natural Flavoring

Dairy alternatives

- Ghee or Earth Balance as a butter alternative (recommend the soy-free)
- Dairy free milk options:
 - Almond milk
 - Rice milk
 - Coconut milk
 - Hemp milk

** We do not recommend soy milk due to both its goitrogenic effects and its possible impact on hormonal balance in some sensitive individuals.*

- Dairy-free cheese by Daiya, sold shredded in packets. These cheeses are made from vegetable oils. It does not melt like regular cheese but provides a similar texture to pizza and pasta dishes. Most soy and rice cheese options contain either casein, whey or both.
- The cleanest yogurt substitution is coconut milk yogurt produced by 'So Delicious' and sold only in the refrigerated section stores. Be aware that this product is very low in protein and tends to be higher in sugars than regular cow's milk yogurt.
- Coconut milk ice cream or Almond milk ice cream. Remember that most sorbet is naturally dairy-free.
- Coconut milk creamer, coffee creamer substitution. Or use almond or coconut milk and a natural sweetener, such as maple syrup or raw honey.

Egg

Foods Containing Egg

- Baked goods (bagels, breads, cookies, pie crusts, muffins)
- Batters for frying
- Chocolate candy made with cream or fondant filling
- Mayonnaise
- Quiches
- Sauces (hollandaise sauce, custard, some alfredo/creamy sauces)
- Egg noodles or pasta
- Eggnog
- French toast
- Fried rice (most contain egg)
- Fudge
- Jelly beans
- Marshmallow
- Ice cream
- Protein drinks containing egg, egg products or egg protein
- Salad dressings (some)

The Following Ingredients Indicate the Presence of Egg

- Albumin
- Dried Egg
- Egg solids
- Globulin
- Livetin
- Lysozyme
- Ovalbumin
- Ovomucin
- Ovomuroid
- Ovovitellin
- Simplese

Egg alternatives

- 1 tbsp ground chia seed and 3 tbsp water is equivalent to 1 egg (used in general baking)
- 3 tbsp AquaFaba is equivalent to 1 egg. AquaFaba is the liquid from canned chickpeas or cannellini beans (best). Can be used the following ways
 - Raw: whips, fluffs, mayo and creams
 - Baked: Meringues, macarons, waffles and cookies
 - Confectionery: nougat, marshmallows, fudge and icing
- Veganise, egg free mayonnaise (avoid soy)
- Egg-free pasta or rice/corn/quinoa pasta. Tinkyada brand of rice pastas and the Ancient Harvest brand of corn/quinoa pasta.

Bread

Use caution when purchasing wheat/gluten-free alternatives/products as many of these contain egg, unhealthy starches and dextrin.

Foods Containing Bread

- Ale
- Baked goods
- Barley
- Battered foods
- Beer
- Breaded foods
- Bulgur
- Cereals
- Couscous
- Doughnuts
- Durum
- Enriched flour/whole wheat flour
- Farina
- Graham flour
- Gravy mixes
- Kamut
- Lager
- Malt/malt extract, flavoring, syrup and vinegar
- Malt beverages
- Oat (unless specified as GF)
- Pasta
- Rye
- Sauces
- Semolina
- Soups
- Spelt
- Triticale
- Wheat Germ and Starch

The following foods may contain Wheat/Gluten

- Dextrin
- Flavorings
- Lunch meats
- Hydrolyzed vegetable/plant protein
- Modified food starch
- Salad dressings
- Seasonings
- Starch
- Textured vegetable protein

Wheat/Gluten Free Grain

- Brown Rice
- Wild Rice
- Millet
- Certified Gluten-Free Oats
- Quinoa
- Amaranth
- Teff
- Buckwheat

Breakfast Suggestions

- GF Oatmeal (we like Bob's Red Mill Gluten Free or steel cut gluten free oats). Consider having it soaked overnight. Add dried fruit/nuts, a little agave nectar to sweeten if necessary, 1 tbsp of ground flaxseed to increase omega-3 oils, lignans and fiber and dairy-free milk (see above).
- A protein smoothie is a great way to start the day – we recommend our Organic Super Protein (LINK) for its clean nutritional content.
- Chia Seed Pudding.

Lunch Suggestions

- Food for Life has gluten/wheat free bread. This is always frozen. NOTE: All Udi's products contain eggs. Food for Life products is egg-free. No gluten/wheat-free breads have the soft texture of glutinous breads and should be handled with care! If using for a sandwich, wrap it so it defrosts before lunch time. It can be a little dry, so compensate using moistening ingredients such as avocado, salsa, Earth Balance butter or veganise (egg-free mayonnaise).
- If desired, substitute wheat-containing crackers for gluten-free options such as:
 - Lundberg Rice Cakes
 - Rice crackers
 - Mary's Gone Crackers
- Avoid croutons in salads. Instead, choose to increase protein using nuts and seeds, lean meats and cold-water fish.
- Focus on tomato-based or broth-based soups. Add rice or quinoa pasta for added carbohydrates, or whole grain rice/quinoa itself. Make sure there is a source of protein to ensure satiety and blood-sugar stability. Add legumes (lentils, black beans, garbanzo beans, kidney beans, lima beans etc), meat or fish if in doubt.

Dinner Substitutions

- Experiment with less common grains such as quinoa and millet. Both of these are easy to cook and are delicious. Quinoa in particular is very nutritious, boasting a higher protein-content than other grains. It can be cooked in bulk and stored in the refrigerator for up to 10 days and then just reheated when needed.
- Focus on the 'meat and vegetable' approach to dinners – simple whole-food meal options such as baked salmon with asparagus and new potatoes avoid having to navigate the processed foods for hidden sources of dairy, egg and bread. When cooking from scratch, you know exactly what's included.
- As mentioned above, try the gluten-free pasta options such as rice pasta by Tinkyada and quinoa/corn pasta by Ancient Harvest. Pair with a home-made tomato sauce, some diced chicken or fish, and a sprinkling of dairy-free Daiya cheese for an easy dinner!
- Freshly baked gluten-free, dairy-free, egg-free products are available at local natural whole food grocers.

Snack Options

I recommend staying well prepared for moments of hunger as regular restaurants and cafes can make dietary protocols difficult to stick to. I like to keep the following dairy-free, gluten-free bars on hand (in the glove locker compartment, at work, at home). Try and rotate these bars to keep it interesting (for palate and body!)

Bars

- Meno Clinic Bars are Dairy, Egg and Gluten Free and are available at the Menoclinic.com. These are easily digested by even the most sensitive of individuals.
- KIND bars (Not the best but quick solution and overall low negative impact). Avoid those which contain yogurt or milk chocolate as these varieties contain dairy.
- Boomi bars (now packaged in a new design and better known as 'RISE' bars)
- Lara Bars (available at all grocery stores).

Trail Mix

Home-made trail mix is also a great option to have on hand: .

- Brazil nuts
 - Almonds
 - Pecans
 - Hazelnuts
 - Pecans
 - Walnuts
 - Pistachio nuts
 - Cashews
 - Sunflower seeds
 - Pumpkin seeds
 - Chia seeds (if desired)
 - Gogi berries
 - Organic or sulfite free raisins
 - Assortment of chopped dried fruit – sulfite free if possible (dried mango, papaya, apricots and apple)
 - Optional extras:
 - Dark chocolate chips
 - Coconut flakes
 - Crystallized ginger (soothing to the stomach)
- *To make a savory trail-mix, omit all the dried fruit, add a dash of salt, dried chili flakes, dried herbs and any other seasoning that appeals*

Fruits & Vegetables

- Fresh vegetables and fruit paired with hummus, nut/seed butters or a handful of trail-mix.

General Recommendations

- Keep blood sugar levels stable – have bread/dairy/egg-free snacks on hand at all times.
- Keep it simple: it's best to source whole foods which have not been processed to avoid eating hidden sources of the food groups being avoided.
- The traditional 'meat/fish and vegetables' works really well for this protocol.
- It is normal to have an increase in appetite. Eating foods to which one is intolerant can leave individuals feeling unexplainably full after eating, a condition many people with sensitive digestive systems perceive as 'normal'. When the offending foods are removed from the diet, a feeling of post-meal satisfaction should be evident, but an extreme heaviness in the stomach should have diminished unless the individual has over eaten.