Where Eggs, Gluten, Dairy, Corn, Soy, Sugar & Peanuts Hide

EGGS

They obviously hide in omelets, and quiches, and other breakfast dishes; but remember that eggs are ubiquitous in baked goods, pancakes, breads, and salads (like tuna and potato). They are often hidden in meatloaves, crab cakes, soups (think egg drop and matzo ball), crepes, zucchini fritters, stuffing, noodles, and meatballs. Avoid all these foods.

Always read ingredient lists on food labels. You’d be surprised how many foods contain egg. Be aware that most egg replacers do not equal the nutrient quality of real eggs. They only replace the structural quality of eggs. There are other good quality protein foods to choose from such as fish, chicken and grass fed beef.

Liquid egg replacers, such as “Egg Beaters,” are made of egg whites, and, therefore, should not be used as alternatives to egg.

- Baked goods   - Macaroons
- Malted drinks   - Bavarian cream
- Boiled dressing   - Mayonnaise
- Meat loaf   - Breaded foods
- Breads   - Noodles
- Pancakes   - Creamy fillings
- Custards   - Quiche
- Salad dressings   - Flan
- French toast   - Sausages
- Soufflé   - Frosting
- Waffles   - Ice cream
- Hollandaise sauce   - Batter mixes
- Macaroons   - Marshmallows
- Bavarian cream   - Bouillon
- Mayonnaise   - Meringues
- Breaded foods   - Cake flours
- Noodles   - Puddings
- Creamy fillings   - Egg drop soup
- Quiche   - Sauces
- Flan   - Fritters
- Sausages   - Tartar sauce
- Frosting
- Ice cream

Eggs may be listed on food labels as...

- Egg protein - Ovalbumin
- Egg white - Ovomucoid
- Egg yolk - Ovomucin
- Albumin - Vitellin
- Globulin - Ovovitellin
- Livetin - Powdered egg
GLUTEN

WHERE IT HIDES
• Bread and bread rolls
• Yorkshire pudding
• Stuffing
• Pancakes
• Crispbread
• Durham
• Pizza
• Some breakfast cereals
• Malted drinks
• Sausages – often contain rusk (and the machines used to make them are often cleaned out with bread)
• Luncheon meat - may contain fillers
• Blue cheeses (may be made with bread)
• Gravy powders and stock cubes such as OXO cubes
• Shredded suet in packs (flour is normally used to keep the strands separate)
• Seitan (doesn't contain gluten, it IS gluten!)
• Hydrolyzed Vegetable Protein (HVP)
• Baked beans (there may be gluten in the tomato sauce)
• Imitation crab meat
• Sauces - often thickened with flour
• Alcoholic drinks - such as beer, ale, lager
• Soups - may be roux based (made with flour)
• Mustard - dry mustard powder contains gluten
• Instant coffee - may be bulked out with flour
• Potato crisps/ chips - some are OK, read the ingredients!
• Curry powder and other spices (can be bulked out with flour)
• White pepper

SOY

WHERE IT HIDES
• Soy sauce
• Veggie burgers
• Miso
• Prepared foods
• Teriyaki sauce
• Asian foods
• Soy protein powders
• Tofu
• Tempeh
• Energy bars and shakes

PEANUTS

WHERE THEY HIDE
• Peanut butter
• Snacks
• Cookies
• Candy
• Peanut oil
• Food toppings
DAIRY

WHERE IT HIDES
• Cow, goat and sheep milk yogurts and cheeses
• Desserts
• Whey protein powder
• Anything that says milk proteins, solids, casein, or whey in it
• Butter and many margarines
• Shakes and hot chocolate mixes and drinks
• Many baked goods (bread, crackers, desserts)
• Many “non-dairy” products (coffee creamer, whipped topping)
• Canned foods (soups, spaghetti, ravioli)
• Mashed potatoes (often prepared with butter and/or milk)
• Many salad dressings (ranch, blue cheese, creamy, Caesar)
• Creamy, cheese, or butter sauces (often on vegetables or meats)

Dairy may be listed on labels as…

• Milk, milk solids, non-fat milk solids
• Yogurt, kefir
• Whey
• Cream, sour cream, half & half, whipped cream
• Lactose, lactalbumin
• Cheese, cream cheese, cottage cheese
• Butter or artificial butter flavor
• Buttermilk or buttermilk solids
• Casein, caseinate, sodium caseinate (check lab results for + casein)

WHY NO WHEY?

We love cool processed whey, BUT it can be potentially allergenic and contribute to a toxic effect in the body. Since we aren’t testing for food sensitivities, we remove it from our detox program as we have found that a good percentage of our clients do not tolerate the casein fraction – nor potentially the whey – in dairy products.
SUGAR

WHERE IT HIDES
As you are eliminating sugar, you need to know all of the different ways it can be hidden in products.

- Barley Malt
- Beet sugar
- Blackstrap molasses
- Brown sugar
- Cane sugar
- Cane juice crystals
- Caramel
- Carob syrup
- Castor sugar
- Corn sweeteners
- Corn Syrup
- Confectioner’s sugar
- Date sugar
- Demerara sugar
- Dextrin
- Dextrose
- Diastatic malt
- Diatase
- D-mannose
- Evaporated cane juice
- Fructose
- Fruit juice concentrate
- Galactose
- Glucose
- High-fructose corn syrup (HFCS)
- Honey
- Invert sugar
- Lactose
- Malt syrup
- Maltodextrin
- Maltose
- Maple syrup
- Molasses
- Raw sugar
- Rice syrup
- Sucrose
- Syrup
- Table sugar
- Treacle
- Turbinado sugar
## Synonyms for Food Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Source</th>
</tr>
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<tbody>
<tr>
<td>Casein, caseinate</td>
<td>Milk</td>
</tr>
<tr>
<td>Cereal binder</td>
<td>Usually wheat</td>
</tr>
<tr>
<td>Cereal filler</td>
<td>Usually wheat</td>
</tr>
<tr>
<td>Cereal protein</td>
<td>Usually wheat</td>
</tr>
<tr>
<td>Cereal starch</td>
<td>Usually wheat or corn</td>
</tr>
<tr>
<td>Edible starch</td>
<td>Usually wheat or corn</td>
</tr>
<tr>
<td>Flour</td>
<td>Usually wheat flour</td>
</tr>
<tr>
<td>Hydrolysed protein</td>
<td>Usually yeast</td>
</tr>
<tr>
<td>Hydrolysed vegetable protein</td>
<td>Usually yeast</td>
</tr>
<tr>
<td>Lactalbumin</td>
<td>Milk</td>
</tr>
<tr>
<td>Lactose</td>
<td>Milk sugar</td>
</tr>
<tr>
<td>Leavening</td>
<td>Yeast</td>
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<tr>
<td>Lecithin</td>
<td>Usually egg or soya</td>
</tr>
<tr>
<td>Modified starch</td>
<td>Usually wheat or corn</td>
</tr>
<tr>
<td>Ovalbumin</td>
<td>Egg</td>
</tr>
<tr>
<td>Starch</td>
<td>Usually wheat or corn</td>
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<tr>
<td>Vegetable protein</td>
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</table>
Sea Salt & Black Pepper Cashew Cheese

The Virgin Diet Cookbook

Crumble into a salad, snack on with vegetables, or add to a wrap
Stores well in the refrigerator for up to 10 days

Makes 1 cup

1 1/2 cups raw cashews
1 tablespoon lemon juice
1 tablespoon extra virgin olive oil
1/2 teaspoon ground coriander
1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1/8 teaspoon cayenne pepper

Combine cashews in a bowl with enough cold water to cover by 3-inches. Let cashews soak at least 5 hours or overnight.

Drain cashews and place in the bowl of a food processor with the lemon juice, oil, coriander, salt, black pepper and cayenne pepper. Process the ingredients, stopping to scrape down the sides of the bowl occasionally, until the mixture is smooth and begins to hold together. Transfer to a bowl and serve.