

Food Sensitivity

Action Plan

The action plan below in addition to your coaches' notes outline the 3 "R's" to optimize your gut health. We recommend listening to the Life Time Food Sensitivity Webinars to help better understand your lab results and action plan.

Step 1

Remove

highest-scoring outliers from your lab results

Step 2

Revive

with foundational habits and protocols to restore gut resilience

Step 3

Reintroduce

one food at a time and note any reactions you experience

STEP 1

Remove or Eliminate Disruptors

Evaluate Your Results

When evaluating your IgG food sensitivity results, consider giving the most attention to the highest-scoring outliers. The values below correspond with page four of your lab results from Quest.

2 to 5 mcg/mL

Commonly reported response levels that do not warrant a complete elimination. However, consider limiting these foods in your diet to 2 to 3 times per week if you know you consume them often (daily basis).

5 to 10 mcg/mL

Consider a short-term 30-day elimination of these food categories.

>10 mcg/mL

Consider a short-term 60-day elimination of these food categories



Become Familiar with Your Food Sensitivities

We have included suggestions below on where to get started when identifying your sensitivity to foods in your diet.

Cow Dairy (casein or beta-lactoglobulin)

Cow dairy-based products include whey or whey isolate protein, milk, cheese, yogurt, ice cream, etc. It may be safe for you to consume sheep- or goat-based items.

Gluten/Wheat

Wheat, rye, barley, most oats (unless noted gluten-free). You will often find these ingredients in bread, pasta, baked goods, packaged/premade food options, soy sauce, etc.

Important Note

If something says "gluten-free," that doesn't necessarily mean it's healthy. Try to focus on naturally gluten-free food such as protein and produce.

Corn

Corn, cornstarch, corn tortillas, corn-based chips, corn oil, etc.

Yeast

Found in baked goods, bread, beer, alcohol, added sugar, and artificial sweeteners.

Important Note

If you responded to yeast, we recommend limiting your intake of processed carbohydrates, fermented foods (sauerkraut, kimchi, kombucha, pickles, etc.), vinegar (salad dressing, condiments, etc.), aged cheese, mushrooms, and pistachios.

Additional Disruptors

Alcohol and Added Sugars

Both can contribute to an imbalanced gut and make it harder to recover from digestive issues. We recommend removing them entirely during this elimination diet. If you cannot eliminate added sugar, limit added sugars to <25 grams (6 teaspoons) per day. If you cannot remove alcohol altogether, limit it to less than three standard drinks per week and no more than two in one night.

Artificial Sweeteners

Scan ingredient labels for sucralose, aspartame, and acesulfame potassium — found in many protein supplements and low-calorie beverages. Consider removing them during your elimination and moving forward.

Additionally, try to limit or avoid foods containing a stabilizer called carrageenan, since that can irritate some.

Soy

Packaged and processed foods containing soy.

Important Note

Soy is commonly found in vegan/vegetarian options.

Egg White and Egg Yolk

Including whole eggs, such as an omelet, scrambled eggs, etc.

Important Note

If you have various digestive and/or skin issues, you may want to consider removing foods that contain eggs in the ingredient list, such as mayo-based items.

Pea

Commonly found in vegan protein powder and plant-based protein options.

Tomato

Tomatoes and tomato-based products such as pasta sauce, salsa, etc.

Cashews, Almonds, Peanuts, and Walnuts

Including nut butter, granola bars, trail mix, and nondairy milk alternatives.



STEP 2

Restore and Revive Gut Integrity

Establish the Foundational Healthy Habits

The below habits are considered foundational regardless of your metabolic barriers and health and wellness goals. These habits are all things that need to be in place to reach optimal health.

Hydrate Adequately

Take your target body weight in pounds and divide it by two. Aim for that many ounces of water per day.

Meet Your Daily Protein Goal

- Consume one gram of protein per ideal pound of body weight per day (or more).
- The risk of having low protein status increases from potential trouble with absorption when digestive health is off-kilter. Increasing protein intake is essential to maintain optimal health.

Consume 30+ Grams of Fiber Daily

Aim to fill half your plate with vegetables at each meal. Focus on sources rich in soluble fiber, including Life Time Fiber (1 to 2 scoops per day), beans, ground flax, Brussels sprouts, and asparagus.

Strength Train 3 to 4 Times Weekly

Building and maintaining muscle is crucial for optimizing metabolism and requires a regular resistance training program in addition to adequate protein intake.

The body is under stress when dealing with gut health imbalances — strength training is an excellent form of exercise to maintain a healthy balance of activity without adding undue stress.

Be Consistent with Your Foundational Supplements

We recommend using foundational supplements ongoing to fill nutrient gaps. Even if you are following a nutrient-dense diet, our food is not what it once was, and unfortunately, consuming enough food to fill these gaps is nearly impossible for the average person. Being consistent with the Life Time Multivitamin, Omega-3 Fish Oil, and Magnesium is key. We've included a supplementation table on page 7.



Support Your Digestion

Address Your Meal Time Habits

How you eat is just as important as what you eat. To digest foods optimally, it is important that you're in a relaxed state. In a relaxed state, your parasympathetic nervous system dominates (the "rest and digest" system) instead of the sympathetic nervous system state (the "fight or flight" system).

Take a few deep breaths before meals and carve out time to eat, so you're not on the run. Pay attention to the number of chews you're taking per bite. Aim for 20 chews or more per bite to the best of your ability.

Time Your Water Intake

Aim to consume most of your water away from meals. Too much water at mealtime dilutes both natural and supplemental digestive enzymes, making it more difficult to break down and absorb food.

Consider Shortening Your Eating Window

Pay attention to the total amount of time between the first time you eat or drink (other than water) and your final meal or snack of the day. Depending on the person, shortening up the window from all-day eating to a shorter time frame (8 to 12 hours) can give your digestive system a break.

Cook Your Vegetables

When digestion is challenged, cooked vegetables and fruits may be temporarily tolerated better than raw.

Restore Your Gut Integrity

Probiotics

Help support a healthy balance of good bacteria in the colon, which is essential to keep it functioning properly. The bacteria levels in your colon can become off balance due to antibiotic use, a diet high in sugar or processed foods, or not eating enough fermentable fibers and fermented foods.

Resistant Starches

Help our digestive tract as a prebiotic and are beneficial with nutrient absorption and act similarly to fiber in the body. It's best to incorporate resistant starches such as green bananas or beans. You may also utilize cooked and then cooled potatoes or oats.

L-Glutamine

An amino acid important for muscle repair and recovery from exercise. This protein building block supports the health of small intestine cells that regulate the digestive and immune systems and can help in treating leaky gut symptoms.



Address Your Potential Root Issues

Low Nutrient Status

This may be related to poor gut health, which may cause poor nutrient absorption. It may also be related to low intake of certain nutrients and cause additional issues with metabolism.

■ Vitamin D

If low, we recommend supplementing with Life Time Vitamin D + K2. [Shop here.](#)

■ Magnesium

Dark leafy greens, avocado, almonds, pumpkin seeds

■ Calcium

■ Full-fat dairy, leafy greens (kale, bok choy), nuts, seeds

■ Vitamin B12

■ Grass-fed beef, wild-caught seafood, pastured poultry

■ Folate

■ Dark leafy greens, beans/lentils, nuts, eggs

■ Vitamin B6

■ Turkey breast, grass-fed beef (2 to 3 times weekly), sunflower seeds, pistachios

■ Zinc

Grass-fed beef, oysters, salmon (3 times weekly), pumpkin seeds

■ Iron

Grass-fed beef, lamb, or bison (3 times weekly), lentils, spinach, black beans, pistachios; combine with vitamin C-rich produce to aid in absorption. [Shop here.](#)

If you have lab-confirmed low iron (ferritin) levels, we recommend supplementing with iron and pairing with vitamin C for 12 weeks and then having your ferritin levels re-evaluated in addition to promoting iron-rich foods.

■ Vitamin C

Bell peppers, leafy greens, berries, citrus fruit

Bloating, Gas, and/or Heartburn

These symptoms suggest a lack of digestive enzymes and can affect your ability to absorb nutrients. Stress, poor mealtime habits, and other factors can decrease digestive enzymes in your system. If you're experiencing these symptoms, we recommend adding digestive enzymes to your meals for 12 weeks.

Constipation

In addition to following your elimination protocol, prioritize your daily water goal and fiber goal (>35g per day), incorporate 1 to 2 digestive enzymes (depending on tolerance) at meals, and add warm lemon water or green tea first thing in the morning.

If issues are still unresolved, consider increasing magnesium and/or vitamin C supplementation. To avoid loose stools, we recommend increasing by one capsule at a time to determine tolerance.

Manage Stress and Support Sleep

Carve out some time to unplug from social media or spend time in nature. Consider implementing a daily practice of deep breathing, meditation, prayer, or Epsom salt baths.

Aim to have a few controllable factors in place even if you're not experiencing trouble sleeping.

Establish a consistent sleep schedule allowing for at least eight hours of sleep each night, and try to stick to it both weekdays and weekends. Optimize your sleep environment by making sure it is cool and pitch-black, or utilize blackout curtains or an eye mask.

Limit electronic exposure and bright lights after 7 or 8 p.m., or use blue light blocking glasses if you must use screens (from a computer, TV, etc.) in the evening hours.

Supplementing with magnesium before bed can also assist in quality sleep.

STEP 3

Reintroduce Foods

After the elimination timeline outlined in step one, reintroduce one food at a time. Go back to the elimination diet for four days to watch for potential reactions — digestive issues, fatigue, joint pain, skin issues, congestion, weight fluctuations, etc.

If no reactions occur, keep the food in your routine 1 to 2 days per week. However, if you do react, wait until the reaction subsides before introducing the next food.

The journal below lists food in the order we recommend you reintroduce them.

	Recommended Length of Elimination	Date Removed	Date Reintroduced	How Do You Feel? List Notable Symptoms
Tomato				
Almond				
Cashew				
Peanuts				
Walnuts				
Pea				
Egg Yolk				
Egg White				
Cow Dairy <small>(Casein or Whey Lactoglobulin)</small>				
Wheat				
Gluten				
Corn				
Yeast				
Soy				

ADDITIONAL RESOURCES

To Support Your Restoration

Foundational Supplements

	Breakfast	Lunch	Dinner	Before Bed
Life Time Multivitamin	3 capsules		3 capsules	
Life Time Omega-3 Fish Oil	2 capsules		2 capsules	
Life Time Magnesium				2 to 4 capsules

*Recommended for use ongoing

Gut Health Supplements

	Breakfast	Lunch	Dinner	Before Bed
Life Time Digestive Enzymes	2 capsules	2 capsules	2 capsules	
Life Time Probiotic				1 capsule
Life Time L-Glutamine	1 scoop	1 scoop	1 scoop	

*Aim to add Gut Health supplements into your routine for 8 to 12 weeks

Protein Powder Supplements

Life Time Grass-Fed Whey Protein

Best for those who tolerate dairy. Consider the [All-in-One version](#) if seeking a meal replacement shake.

Life Time Whey Protein Isolate

Best for those who want a low-to-no lactose whey protein option.

Life Time Vegan Protein

For those who need a plant-based option. Consider the [All-in-One version](#) if seeking a meal replacement shake. This protein is soy-free and made from several sources of plant-based protein to provide you with a full amino acid profile.

Life Time Collagen Peptides

For those who want a booster to provide additional amino acid support.

This is recommended for those who do not frequently consume connective tissue or skins from the animal protein you eat. Learn more [here](#).

If You Would Like a Full Plan to Follow

We have you covered. For those who are ready to tackle digestive health head-on, here is a full 30-day approach to follow: [Life Time GUT.FIX](#).

If You're Seeking Recipes

Our Experience Life articles, GUT.FIX and D.TOX programs include hundreds of recipes that exclude common food sensitivities:

Life Time GUT.FIX Program

Our 30-day program includes sample meal plans and approved foods to support your metabolism and gut restoration.

Life Time D.TOX Program

Our 14-day program includes supplements to cleanse and real food to nourish your detoxification process.

Experience Life Recipes

Healthy options for day-to-day and all occasions.

If You Want to Learn More

Check out our Experience Life articles and podcasts:

- [How to Heal a Leaky Gut](#)
- [The Benefits of a Higher-Protein Diet](#)
- [Here's What 30 Grams of Protein Looks Like](#)
- [Top 3 Supplements That Support Gut Health](#)
- [Foundational 5 Supplements](#)
- [9 Strength-Training Benefits for Health, Fitness, and Anti-Aging](#)
- [7 Body and Mind Benefits of Building Muscle](#)
- [Resistant Starch: Why You Need More of This "Good" Carb](#)
- [Taking Care of Your Gut: Why It's Critical to Health + How to Do It](#)

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