



FOR CHILDREN WITH FOOD SENSITIVITIES





Personal Program Notes

Patient name _____ Date _____

Healthcare provider _____ Phone _____

INSTRUCTIONS: *(To be completed by your healthcare provider)*

Mixing Instructions

- Mix with water only
- Mix with diluted fruit juice
- Mix with rice or nut milk
- Mix with other: _____

Ultracare for Kids Recommendations

Product	Amount	Frequency	Duration

Additional dietary recommendations _____



parent guide

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Disclaimer: Metagenics, Inc. makes no representations or warranties, express or implied, regarding the use of Ultracare for Kids or the dietary program. Close instruction and supervision by a physician or other licensed healthcare provider is recommended before starting and during the use of this or any other nutritional program. Consult your healthcare provider immediately should your child feel any discomfort or experience any adverse health effects during the time he or she is involved in this program.

This Parent Guide should not be relied upon for personal diagnosis or treatment. Do not use this product without strictly adhering to the diet, menus, and other instructions contained in the Parent Guide unless otherwise instructed by your healthcare provider.



Why Your Healthcare Provider Recommends the Ultracare for Kids Program for Your Child

Your healthcare provider has determined that some of your child's health challenges may be related to food allergies or intolerances, and he or she has recommended you use Ultracare for Kids in conjunction with a specially

designed dietary plan outlined in this booklet. The dietary program focuses on delivering nutritious and tasty meals and snacks free of common food allergens.

Ultracare for Kids is a delicious, ready-to-mix medical food powdered beverage that

nutritionally supports atopic disorders and food allergy-related conditions. It is used in combination with the dietary program to supply high quality nutrition in the form of selected vitamins, minerals, and key nutrients delivered in a low-allergy-potential rice protein base.



No two children have exactly the same dietary needs or health problems, and therefore a single program is not suitable for everyone. Your healthcare provider may modify this program in certain ways. The more clear and complete your communication about your child's health issues, the better your healthcare provider will be able to understand your child's unique circumstances and tailor the

program accordingly.

It is vital that you inform your healthcare provider of your child's complete health history and current health issues, but also of any experiences and responses

(positive or negative) your child has with each dietary change or modification made

during the program. Only in this way can you work as a team to accomplish the greatest possible benefit.

Ultracare for Kids should be used only under the supervision of a physician or other

licensed healthcare practitioner who has had training in nutritional science. Consult your healthcare provider immediately should your child feel any discomfort or experience any adverse health effects. Do not use this product without adhering to the diet, menus, and other instructions contained in this guide, unless otherwise instructed by your healthcare provider.

About the Product

Ultracare for Kids medical food contains a low-allergy-potential rice protein base suitable for children with dairy, gluten, or soy sensitivities. It is an excellent source of dairy-free calcium for bone health, and contains prebiotic fructooligosaccharides (FOS) to support healthy digestive function. Ultracare for Kids is balanced with essential fatty acids, including docosahexaenoic acid (DHA) to nutritionally support central nervous system development and eye health.



When used as part of the Ultracare for Kids Program, it provides high quality nutrition for children from 2 to 12 years of age. Ultracare for Kids has been taste-tested and approved by children just like yours.

Ultracare for Kids is researched and developed by Metagenics, Inc. Creation of this product was based on published and ongoing research. This Parent Guide represents the integration of experience at the Functional Medicine Research Center—the research arm of Metagenics—and the ongoing feedback we have received from our colleagues in private clinical practice.

Additional questions

Many commonly asked questions are answered in the back of this guide. If you have further questions about your child's care or the use of this product, please discuss them with your healthcare provider.



Suggested Mixing Instructions

Using the measuring scoop* provided in the canister, mix one level scoop (approximately 2 Tbsp.) of Ultracare for Kids into 8 fluid ounces of pure, distilled, or filtered water. Or, if advised by your healthcare provider, use diluted fruit juice, rice milk, or almond milk. Have your child consume the drink within 30-45 minutes. Cover and store the opened canister of unused product in a cool, dry place. Unopened canisters should also be stored in a similar manner. Avoid prolonged storage at excessive temperatures.

**If scoop is not visible, slice through product with dinner knife to locate.*

Mixing Variations

Add the following to a serving cup, shaker cup, or blender and blend, shake, or briskly stir until powder is completely dissolved:

3-4 ounces natural juice, rice milk, or almond milk

3-4 ounces cold water

1 level scoop Ultracare for Kids

Ice—optional

If your child wants other taste options, feel free to experiment with fruit (mangoes, grapes, or cherries), juice (apple or grape), and ice to make a smoothie in the blender. Do not use any fruit to which your child has a known or suspected sensitivity. For a tasty alternative, try mixing in unsweetened applesauce.

General Program Guidelines

The program your healthcare provider has recommended includes Ultracare for Kids and the dietary plan outlined below. We have recommended an initial 3-week program. Eliminating foods to which your child may be sensitive and supplementing with Ultracare for Kids for this time period will often result in a clearer understanding of your child's food sensitivities. The duration of the dietary program may be modified by your healthcare provider to meet your child's individual needs. Your healthcare provider may also make suggestions for other lifestyle changes and/or additional nutritional support.

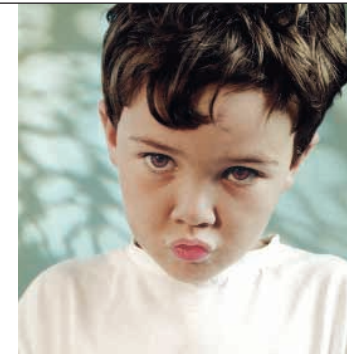
- Do not make substitutions in the program except those that are recommended by your healthcare provider. You should, of course, avoid having your child eat any foods to which you know they are intolerant or allergic.
- Be sure to have your child take all of the recommended servings of Ultracare for Kids. This product contains critical ingredients for the program's success.
- Select fresh foods whenever possible. Choose organically grown fruits and

vegetables whenever you can to decrease the intake of pesticide and herbicide residues. Look for free-range or organically raised beef, chicken, eggs, turkey, or lamb. The “cleaner” the dietary intake, the better the program will work.

- Your child may continue to take other nutritional products as recommended by your healthcare provider. In some instances, other supplements may be recommended to add directly to the powdered beverage when mixing. As with all supplements and medications, follow the advice of your healthcare provider.
- Use purified, distilled, or mineral water to mix the powdered beverage. Check with your healthcare provider about using fruit juices. It is always preferable to dilute fruit juice by half with water. Avoid any fruit drinks that contain added sugar.
- Don't worry if your child eats more or less of a particular kind of food for a while and then chooses something different. Children are often finicky eaters and may have periods during which they seem, at least temporarily, to want only one or two foods at a time. These eating patterns

tend to work themselves out. The important thing to remember is to have nutritious selections available and avoid the foods that your healthcare provider has excluded from your child's program.

- Water is one of the most important nutrients in your child's diet. It is responsible for and involved in nearly every body process, including digestion, absorption, circulation, and excretion. Water is the primary transporter of nutrients throughout the body, helps maintain a normal body temperature, and is essential for carrying waste products out of the body. The total daily fluid requirement for a normal healthy child is 4-6 glasses (1 to 1½ quarts or 1000 to 1500 ml). Be sure to offer your child pure sources of water, such as filtered or bottled water.





Dietary Program at a Glance

Ultracare for Kids has been designed to be used with the dietary program described in this booklet. The dietary program has removed dairy- and wheat-containing foods from the diet. Research suggests that dairy- and wheat-containing foods are by far the most common foods that cause allergic or sensitivity reactions, and that removing these foods may result in improvement in a variety of associated symptoms. The dietary program eliminates only these two food groups (listed under the “Foods to Eliminate” column).

We have listed a number of foods that also may be suspected of causing food allergy or intolerance reactions in some children. These “Foods to Consider Eliminating” include oranges, other gluten-containing grains, eggs, beef, pork, shellfish, corn, peanuts, soy, simple sugars, caffeine, and various food colorings, dyes, and additives. Your healthcare provider may, based upon your child’s history, suggest some foods in this column be excluded as well. If not, only remove the foods in the right column (Foods to Eliminate) and choose from the many

choices in the left and middle columns. While Ultracare for Kids can be used alone, combining it with this dietary program may result in further health improvements.

The “Dietary Guidelines” chart is intended as a quick overview of the dietary plan. If you have a question about a particular food, check to see if it is on the food list. Do not make substitutions, except as allowed in these instructions or as recommended by your healthcare provider. You should, of course, avoid any listed foods to which you know your child is intolerant or allergic.



parent guide

Ultracare for Kids Dietary Guidelines

FOODS to INCLUDE	FOODS to consider ELIMINATING	FOODS to ELIMINATE
Fruits: all whole fruits, unsweetened, dried, frozen or water-packed, canned fruits, and diluted juices	Fruits: oranges and orange juice	
Dairy substitutes: rice, oat, and nut milks such as almond and coconut milk	Dairy substitutes: soy milk products	Dairy: cow's milk products: milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt
Grains and starches: brown rice, oats, millet, quinoa, amaranth, teff, tapioca, buckwheat, potato flour	Grains and starches: spelt, kamut, barley, rye*, corn and corn products	Grains and starches: all wheat products: most breads, many desserts, cereals, crackers, pasta, certain soups
Animal protein: fresh or water-packed fish, wild game, lamb, duck, chicken, and turkey	Animal protein: eggs, shellfish, beef, pork, processed meats such as cold cuts	
Vegetable protein: split peas, lentils, and other legumes	Vegetable protein: soy products (soy sauce, soybean oil; tempeh, tofu, soymilk, soy yogurt, textured vegetable protein	
Nuts and seeds: sesame, pumpkin and sunflower seeds; walnuts, pecans, hazelnuts, almonds, cashews, and nut butters such as almond, cashew, or sesame (tahini)	Nuts and seeds: peanuts and peanut butter	
Vegetables: all raw, steamed, sautéed, juiced, or roasted vegetables	Vegetables: high-glycemic-index** vegetables	Vegetables: creamed vegetables (dairy)
Oils: cold-pressed olive, flaxseed, safflower, sesame, almond, sunflower, walnut, canola, pumpkin	Oils: margarine, spreads, store-bought salad dressings, mayonnaise	Oils: butter (dairy)
Drinks: filtered water, decaffeinated herbal teas, seltzer, or mineral water	Drinks: all soda pop or soft drinks, especially caffeinated ones	
Sweeteners: brown rice syrup, stevia, fruit sweetener, blackstrap molasses	Sweeteners: white/brown sugars, honey, maple syrup, high fructose corn syrup***	
Condiments: all herbs and spices	Condiments: ketchup, relish, chutney, barbecue sauce, chocolate	Condiments: soy sauce and teriyaki (may contain wheat)

*Spelt, kamut, barley and rye are closely related to wheat and contain gluten. If your child is gluten sensitive, these foods should also be eliminated.

**The glycemic index (GI) of a food is an important tool to provide dietary guidance to individuals with blood sugar dysregulation. The higher the GI of a food, the higher its potential for raising blood sugar.

*** This group of refined sugars are absorbed very quickly, have a high glycemic index, and can be associated with a variety of signs and symptoms in susceptible children.



The following pages outline a week’s worth of typical menus with accompanying recipes, using foods from the “Foods to Include” and “Foods to Consider Eliminating” lists.

Menus may be used interchangeably. Please work with your healthcare provider to accommodate your child’s preferences, individual sensitivities, and intolerances.

Many of the suggested foods may be unfamiliar to your child, and most children are rather picky eaters and will resist trying new foods. The younger your child is when you introduce unusual foods, the more likely he or she will develop those taste buds.

While you cannot and should not try to force a child to eat, remember that you are largely in charge of what is offered and available! Encourage your child to have just one taste of the “vegetable of the day.”

Leftovers may be used the next day, and have been incorporated into the menus when possible. Servings for each recipe will vary with the age of your child and the amount they are likely to eat. Also included for each day are some vegetarian menu choices. Persevere with new foods; the rewards will come with a healthier child.

Sample Menus

DAY 1

- Breakfast** Cooked rice cereal with brown rice syrup and rice milk
1 serving Ultracare for Kids (mixed as desired)
- Snack** Plum, pear, or apple
- Lunch** *Quinoa Vegetable Soup* (page 11—save leftovers for Day 3)
Rice crackers or mini rice cakes, with sunflower seed or cashew butter
- Snack** 1 serving Ultracare for Kids
Wheat-free ginger or lemon cookie (from health food store)
- Dinner** Oven-baked chicken (save leftovers for tomorrow’s lunch)
Oven-Roasted Vegetable Medley (page 11)
- Snack** *Banana Custard Pie* (page 11)



Quinoa Vegetable Soup (6-8 servings)

6 cups water	2 cloves garlic, chopped
½ cup quinoa, well rinsed	1 tsp. olive oil
1-2 medium carrots, diced	1 cup tomatoes, chopped
½ cup celery, diced	½ cup cabbage, chopped
½ cup onion, chopped	1 tsp. salt
½ cup green pepper, diced	parsley, chopped

Sauté quinoa, carrots, celery, onions, green pepper, and garlic in oil until golden brown. Add water, tomatoes, and cabbage and bring to a boil. Simmer 20-30 minutes or until tender. Season to taste and garnish with parsley.

For variations, try adding some of your other favorite vegetables, chopped and sautéed.

Banana Custard Pie

½ cup hot water	1 egg
1 Tbsp. gelatin powder (one envelope)	¼ cup safflower or flaxseed oil
½ cup orange or pineapple juice	½ tsp. vanilla
	4 ripe bananas
	2 Tbsp. coconut, unsweetened

In a blender, combine the hot water and the gelatin powder. Let the blender run until gelatin is completely melted. With the blender running, add the juice, egg, oil, and vanilla. Cut up three of the bananas and add them to the mixture while it is blending. Slice one banana into the bottom of the dish. Sprinkle with the coconut. Pour the blender mixture over the banana slices. Garnish with coconut.



Oven-Roasted Vegetable Medley

Use any combination of your child's favorite vegetables (or try new ones), unpeeled, washed, and cut into bite-sized pieces: eggplant, red potatoes, red onion, yellow or green summer squash, bell peppers, mushrooms, asparagus, parsnips, baby carrots, or green beans. Toss with crushed garlic cloves and olive oil and sprinkle with spices of choice—such as rosemary, oregano, tarragon, and basil—to taste. Spread in roasting pan in single layers and roast approximately 20-25 minutes at 400° until veggies are tender and slightly brown, stirring occasionally. The amount of time needed depends on the size of the veggies. Salt and pepper to taste. Serve while warm, or use cold leftovers in salad.





Mock Mac 'n Cheese

Cook desired amount of brown rice pasta according to package instructions.

Toss cooked pasta with olive oil and sprinkle with several tablespoons of nutritional yeast which gives the pasta a cheese-like taste.

Turkey Meat Loaf

2 lbs. ground turkey	½ cup orange juice
½ cup whole oats	1 tsp. poultry seasoning
1 carrot, grated	1 Tbsp. dried parsley
½ cup freshly sautéed or 4 oz. canned mushroom pieces	Salt and pepper to taste
1 egg, beaten	

Preheat oven to 350°. Combine all ingredients in a bowl and mix well. Form into 2 loaves and bake in a pie plate or loaf pan for approximately 35-40 minutes.

Brown Rice and Green Peas or Beans (4 servings)

Add 1 cup of green peas (either fresh and lightly steamed or frozen and just defrosted baby peas) or ¾ cup kidney beans to 2 cups of cooked brown rice. Top with your favorite herbs and flaxseed or olive oil to taste.

Carrot Salad (4 servings)

Mix together and chill for several hours:

- 2 cups shredded carrot
- ½ cup diced celery
- ¼ cup sunflower seeds
- 3-4 Tbsp. olive, flaxseed, sesame, or safflower oil
- 2 Tbsp. pineapple juice

DAY 2

Breakfast Cooked oatmeal with cinnamon, a pinch of stevia (herbal sweetener), and almond milk

1 serving Ultracare for Kids

Snack Leftover *Banana Custard Pie* (page 11)

Lunch *Mock Mac 'n Cheese*

Split Pea Soup and
leftover chicken cut into chunks

Apple

Snack 1 serving Ultracare for Kids

Dinner *Turkey Meat Loaf* (save leftovers for Day 5) and/or
Brown Rice and Green Peas or Beans

Carrot Salad (use leftovers on Day 4)

Unsweetened frozen fruit sorbet

Snack Grapes or strawberries

Split Pea Soup (6 servings)

3 cups dry split peas, well rinsed	4 cloves garlic, minced
2 quarts water	3 stalks celery, chopped
1 tsp. salt	2 medium carrots, sliced
1 bay leaf	Salt and pepper to taste
½ - 1 tsp. dry mustard	3 Tbsp. apple cider vinegar or rice vinegar
2 onions, chopped fine	

Combine peas, water, salt, bay leaf, and mustard in 6-quart pot. Bring to boil, reduce heat and simmer, partially covered for about 20 minutes. Add vegetables and simmer for another 40 minutes, stirring occasionally. Add more water as needed. Add more salt if needed, and add pepper and vinegar to taste.

DAY 3

Breakfast Crispy brown rice cereal or acceptable* dry cereal with rice milk or almond milk and fresh blueberries

1 serving Ultracare for Kids

**No dairy, wheat, or other dietary restrictions your child may have.*

Snack *Applesauce Bread*

Lunch Leftover *Quinoa Vegetable Soup* (page 11)

Leftover *Banana Custard Pie* (page 11)

Snack 1 serving Ultracare for Kids

Dinner Baked salmon (save leftovers for Day 5)

Oven Fries

Steamed broccoli, drizzled with flaxseed oil (save leftovers for Day 4)

Sliced pears

Snack Rice crackers, celery sticks, or sliced apple with almond butter

Applesauce Bread

(Yields 14 slices)

1 cup teff flour
1 cup oat or rice flour
1 tsp. baking soda
½ tsp. cinnamon
¼ tsp. salt
¼ tsp. nutmeg
1 cup unsweetened
applesauce

1 Tbsp. safflower or
sesame oil
½ cup brown rice syrup or
fruit juice concentrate
1 egg, or egg replacer to
equal 1 egg
3-4 Tbsp. apple butter
1 tsp. pure vanilla extract

Combine the dry ingredients in a large bowl. Combine the wet ingredients in a small bowl and mix into the dry ingredients. Pour into oiled 9-inch square pan. Bake at 350° for 30 minutes.

Oven Fries

Cut white or sweet potatoes into strips. Spray a cookie sheet with olive oil and place potatoes in single layer. Spray potatoes with olive oil and bake at 400° for 25-45 minutes, depending on the size of the potato. Salt and pepper as needed. Optional: Sprinkle any herbs or spices that your child likes before baking.





Mochi Rice Waffles (4 servings)

Purchase 1 package of cinnamon-apple mochi and defrost.
Cut into quarters. Slice each quarter across to form 2 thinner squares.
Place one square into preheated waffle iron and cook until done. Top with your choice of fruit or *Sautéed Apples* (below).

Sautéed Apples (2 servings)

2 apples, washed
½ Tbsp. safflower oil
2 tsp. cinnamon
2-3 Tbsp. apple juice

Thinly slice apples and sauté in oil until softened. Add cinnamon and apple juice and simmer, stirring, uncovered for a few more minutes.

Vegetable, Bean, and Barley Soup (leftovers may be frozen)

1 Tbsp. olive oil	28 oz. can tomatoes with juice
1 medium-to-large onion, chopped	16 oz. can kidney beans, undrained
3 carrots, sliced or diced	1 lb. fresh green beans, cut into 1 inch pieces or 10 oz. pkg. frozen cut green beans
2 stalks celery, diced	½ cup whole barley
2 cloves garlic, minced	
1 bay leaf	
6 cups vegetable, chicken stock, or water	

In a 6-quart pot, sauté onion, celery, carrot, and garlic in olive oil until crisp-tender. Add stock, tomatoes, barley and bay leaf. Bring to a boil and cover, reducing heat to a simmer for 50 minutes, stirring occasionally. Stir in kidney beans and green beans and simmer for 5-10 minutes more until all vegetables are tender. Remove bay leaf before serving.

DAY 4

Breakfast Wheat-free frozen rice waffles or *Mochi Rice Waffles* topped with unsweetened *Sautéed Apples*, unsweetened apple butter or apple sauce, or pure maple syrup

1 serving Ultracare for Kids

Snack Leftover *Applesauce Bread* (page 13)

Lunch *Vegetable, Bean, and Barley Soup*

Rice crackers with almond butter

Melon balls

Snack 1 serving Ultracare for Kids

Wheat-free lemon cookie

Dinner *Rice Pasta Topped with Turkey Sausage or White Kidney Beans and Broccoli*

Leftover *Carrot Salad* (page 12)

Berry fruit sorbet

Snack Sliced peach (fresh or canned in its own juice)

Rice Pasta with Turkey Sausage (optional) or White Kidney Beans and Broccoli

Cook pasta as directed. While cooking, sauté sausage in 1 tsp. olive oil for about 5 minutes. You may substitute canned cannellini beans (white kidney beans) if not using sausage.

Add leftover steamed broccoli, and ½ cup chicken or vegetable broth and heat for just 2-3 minutes until warm.

Serve over cooked pasta.

DAY 5

Breakfast *Breakfast Rice Pudding* (save leftovers for snacks or dessert)

Raspberries and mango chunks

1 serving Ultracare for Kids

Snack *Mixed Nut Muesli*

Lunch Salmon salad on rice cakes (mix salmon with mayonnaise)

Sweet Potato Squash Delight

Snack 1 serving Ultracare for Kids

Dinner Leftover *Turkey Meat Loaf* (page 12)

Brown Rice and Green Peas or Beans (page 12)

Baked Apple

Snack *Crispy Rice Squares*

Breakfast Rice Pudding (4 servings)

1 cup uncooked short grain brown rice	1 Tbsp. brown rice syrup
1 ¼ cups coconut milk	1 tsp. cinnamon
1 ¼ cups water	Chopped almonds or sunflower seeds or other nuts of choice (optional)
½ tsp. salt	

Combine water and coconut milk in heavy pot; bring to boil, adding rice and salt. Simmer covered (do NOT stir) for about 45 minutes or more, until liquid is mostly absorbed and rice is soft. Remove from heat and allow to cool for 15 minutes. Stir in brown rice syrup and cinnamon and top with nuts or seeds as desired.

Mixed Nut Muesli

Combine in a bowl:

Puffed rice cereal, crispy brown rice, sliced almonds, chopped walnuts, pumpkin seeds, and dried apples. Store in a jar and snack as needed. Makes a handy portable snack.

Sweet Potato Squash Delight (6-8 servings)

Steam until tender:

1 medium butternut squash, cut into chunks
2 medium-to-large sweet potatoes, cut into chunks

Then remove peel and puree in food processor. Add ¼ tsp. ginger, ½ tsp. cinnamon, dash nutmeg, and about ¼ cup rice milk (add enough to make creamy). Mix well. (It can be made ahead and refrigerated at this point.)

Preheat oven to 350°. Put mixture into 1½ qt. casserole & bake about 15 minutes.

Baked Apple (6 servings)

½ cup raisins	¼ cup frozen unsweetened apple juice concentrate
2 Tbsp. apple juice	2 tsp. pure vanilla extract
6 cooking apples, cored	1 tsp. cinnamon
1½ cups water	

Remove peel from top third of each apple and arrange in a small baking dish. In a medium saucepan, combine other ingredients and bring to a boil, stirring frequently. Reduce heat and simmer 2-3 minutes, until slightly thickened. Distribute raisins, filling centers of each apple. Pour sauce over apples and bake, uncovered, at 350° for 45 minutes. Baste occasionally and remove from oven when apples are pierced easily with a fork. Spoon juice over apples and serve warm. Heat leftovers in microwave or toaster oven.

Crispy Rice Squares (2 dozen)

1 tsp. cold pressed canola oil	2 cups puffed rice
½ cup brown rice syrup	2 cups puffed millet
2 Tbsp. sesame tahini or almond butter	½ cup pumpkin or sunflower seeds
3 tsp. vanilla extract	½ cup currants, chopped
2 cups crispy brown rice cereal	dried apple, or dates

Heat oil in a large pot; add rice syrup and tahini or almond butter. Stir until bubbly. Remove from heat and stir in vanilla. Add remaining ingredients and mix well with a wooden spoon. Press into an ungreased 13"x9" pan and press mixture flat. Let mixture set at room temperature or refrigerate. Cut into squares. Store in an airtight container.



Chicken Salad/Lettuce Rollups

Cut up leftover chicken into small pieces. Add several grapes cut into quarters and mix in mayonnaise. Roll up in lettuce leaves.

Baking Powder Biscuits (makes one dozen)

1½ cups brown rice flour	3 Tbsp. safflower or sesame oil
½ cup tapioca flour	
4 tsp. baking powder	1 cup applesauce, unsweetened
⅙ tsp. salt	

Preheat oven to 425°. In a medium-large mixing bowl, stir together dry ingredients. Sprinkle oil on top and mix well with a pastry blender or fork, until consistency is crumbly. Mix in applesauce and stir until blended. Spoon heaping tablespoonfuls onto ungreased cookie sheet. With spoon, lightly shape into biscuit. Bake 15-18 minutes until slightly browned. Serve warm for best flavor, but may be lightly reheated in a microwave.

DAY 6

Breakfast Eggs scrambled in olive oil
Turkey sausage

Baking Powder Biscuits

Snack 1 serving Ultracare for Kids

Lunch *Chicken Salad/Lettuce Rollups* and/or
leftover *Quinoa Vegetable Soup* (page 11)

Apple slices with cashew butter

Leftover *Crispy Rice Squares* (page 15)

Snack 1 serving Ultracare for Kids

Dinner Lean organic beef burger (use leftover in spaghetti,
Day 7)

Leftover *Sweet Potato Squash Delight* (page 15)

Stir-fried asparagus

Sliced watermelon

Snack Leftover *Breakfast Rice Pudding* (page 15)

Raw celery “boats” stuffed with almond butter and
dotted with raisins



DAY 7

Breakfast *Rice Pancakes* topped with leftover *Sautéed Apples* (page 14), unsweetened apple sauce, apple butter, or pure maple syrup

1 serving Ultracare for Kids

Snack Mixed berries

Lunch *Lentil Soup* or leftover soup [*Vegetable, Bean, and Barley* (page 14) or *Quinoa Vegetable* (page 11)]

Leftover *Baking Powder Biscuits* (page 16)

Leftover *Baked Apple** (page 15)

Snack 1 serving Ultracare for Kids

Raw baby carrots

Dinner Rice spaghetti topped with spaghetti sauce and leftover crumbled hamburger

Steamed broccoli and cauliflower, topped with flaxseed oil

Tossed green salad with your child's favorite raw veggies added, topped with Italian dressing

Snack Leftover *Crispy Rice Squares* (page 15)

Rice Pancakes [makes approximately 14 (4-inch) pancakes]

1½ cups almond, oat, or rice milk	¼ tsp. salt
1½ Tbsp. white vinegar	1 Tbsp. apple butter
1½ cups rice flour	1 Tbsp. safflower or sesame oil
½ cup oat or millet flour	2 eggs or egg replacer to equal 2 eggs
2 tsp. baking powder	
½ tsp. baking soda	

Mix the almond, oat, or rice milk with the vinegar and allow to stand for 5 minutes until curdles form. Mix dry ingredients together and set aside. In large mixing bowl, beat apple butter, oil, egg, and milk. Add dry mixture and stir gently. Be careful not to over-mix. Cook on a preheated griddle; silver dollar size pancakes are fun for kids. Serve with *Sautéed Apples* (see recipe on page 14). Freeze leftovers for a quick breakfast.

Lentil Soup (4 servings)

2 cloves garlic, minced	2 quarts water or broth
1 medium onion, chopped	Pinch thyme or any herbs of your choice
2 large carrots, sliced or chopped	Salt to taste
2 stalks celery, chopped	
1½ cups red and/or green lentils, well rinsed	

Combine first 6 ingredients and bring to boil. Add seasonings. Reduce heat to medium-low and simmer, partially covered, until lentils are soft. Green lentils need about 45 minutes to 1 hour, while red lentils only need 20-30 minutes. Puree half of the soup in the blender if you prefer a creamy soup.





Healthy Snack and Dessert Ideas

Don't assume that everything you see in the health food store is nutritious. You must read labels to avoid unwanted additives and sweeteners. Processed products, even if "natural," may contain hidden sources of potential food allergens such as wheat or dairy. If a sweetener is one of the first items on a list of ingredients, it is one of the predominant ingredients. These simple sugars may cause blood sugar fluctuations that can have a significant effect on your child's health. Mid-morning and mid-afternoon are likely snack times for your child. Offer snacks that are nutritious and based on gluten-free grains, fruits, vegetables, and nuts. Avoid highly refined, sugar- and fat-laden foods that don't provide important nutrients. Following are some ideas for healthful snacks and desserts to offer your child:

- Whole fruit, raw veggies, fresh organic juices
- Cookies sweetened with fruit juice, rice syrup, or barley malt
- Rice cakes with almond, cashew, and/or apple butter
- Apple or pear slices with nut butter
- Celery sticks stuffed with nut butter or soy cream cheese
- Sesame rye crackers with small amount all-fruit jam
- Whole grain muffins made with nuts and fruit (wheat-free and dairy-free mixes are available in the health food store)
- Raw, unsalted nuts or seeds
- Popcorn, plain or with a little sea salt
- Baked corn puffs or potato chips
- Acceptable dry cereal with nut milk
- Whole grain frozen wheat-free waffles with all-fruit jam or apple butter (available in health food store)
- Ice cream substitute made from rice
- Unsweetened sorbets
- Rice pudding made with rice milk or nut milk
- Hummus and rice crackers

Food Reintroduction

Your healthcare provider will advise you when and if to begin reintroducing the food groups you have removed from your child's diet. In order to assess any reactions to those foods, the following is the suggested reintroduction procedure:

- Have your child consume the food you are reintroducing 2-3 times in the same day. Do not introduce any other new foods over the next 2 days and monitor any reactions your child experiences over that time period.
- Record your responses as outlined in the chart on the next page. (You may use different headings to correspond with whatever signs and symptoms your child experiences.) Feel free to make additional copies of this chart. Keep it handy for easy use.
- Introduce only one new food at a time. Wait at least 2 additional days before reintroducing another food you have been eliminating. If you are unsure if your child has had a reaction, wait a few days and then retest the same food in the same manner.
- Discuss the responses with your healthcare provider. He or she may suggest limited intake of that food, or continued exclusion based upon your child's reactions and history.

parent guide

Food Reintroduction Response Chart

<i>Symptoms</i>	Day:	Day:	Day:	Day:	Day:	Day:	Day:
	Food:	Food:	Food:	Food:	Food:	Food:	Food:
	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Digestion/ Bowel Function							
Headache							
Nasal or Chest Congestion							
Skin (itching, redness)							
Energy Level							
Joint/Muscle Pain							
	Day:	Day:	Day:	Day:	Day:	Day:	Day:
	Food:	Food:	Food:	Food:	Food:	Food:	Food:
	Time:	Time:	Time:	Time:	Time:	Time:	Time:
Digestion/ Bowel Function							
Headache							
Nasal or Chest Congestion							
Skin (itching, redness)							
Energy Level							
Joint/Muscle Pain							



Q & A Answers to Commonly Asked Questions

1. How long will my child be on Ultracare for Kids?

Your healthcare provider will help you determine the necessary length of time. We generally recommend a 3-week trial for the program and then a follow-up assessment. Children with chronic health issues commonly use Ultracare for Kids for 1-3 months as nutritional support. The product can be consumed indefinitely at full or half dose.

2. Will Ultracare for Kids work just as well without the dietary program?

While Ultracare for Kids will help your child nutritionally, the program works better if potentially allergic foods are removed from the diet. After 3 or 4 weeks, the foods eliminated can be “challenged” by adding them one at a time, 3 days apart, to see if there is any exacerbation of symptoms. If your child has reacted severely to food allergens in the past, food challenges should only be done under your healthcare provider’s supervision.

3. My child doesn't like to eat breakfast. Can I use Ultracare for Kids as a replacement for breakfast?

Ultracare for Kids is not a meal and should only be used to supplement a healthy meal. It can be used as a snack replacement.

4. Can I cook with Ultracare for Kids?

No, some of the vitamins and other nutrients may be destroyed if heated. Ultracare for Kids can be frozen and makes a great popsicle mixed with fruit juice.

5. When is the best time to take it?

Any time of day is acceptable. Many parents provide Ultracare for Kids as part of breakfast and again as an after school or bedtime snack.

6. What is the best liquid to mix it with?

Great-tasting Ultracare for Kids can be mixed with chilled water and is quite acceptable to most children. Vanilla-flavored rice milk is favored by many children. Diluted juices are usually well accepted, and “smoothies” can be made in a blender with frozen fruit or ice cubes replacing some of the liquid.

7. Can Ultracare for Kids be added to other foods?

Yes, Ultracare for Kids can be mixed with other foods. For example, it can be mixed into small amounts of naturally sweetened applesauce or other pureed soft fruit.

8. Can my child drink 2 scoops all at once?

Yes, an entire day's serving of 2 scoops can be mixed and taken at once.

9. How many canisters of Ultracare for Kids will I need for the first 3 weeks?

If you have your child consume the recommended 2 servings a day, you will need 2 canisters.

10. Should my child discontinue prescription medications while on this program?

No. Medications should be carefully monitored by your healthcare provider. Only in conjunction with him or her should you make a decision to change your child's prescriptive medication.

11. Could my child be allergic or intolerant to Ultracare fro Kids?

Any nutritional supplement, medical food, or food, as well as any type of medication, has the potential to cause an allergic reaction. If

you know your child is allergic to any of the ingredients contained in Ultracare for Kids, he or she should not consume it.

12. Can my child take Ultracare for Kids if he/she has a sensitivity to rice?

Possibly. The rice protein concentrate in the product has undergone a process to remove the most common allergy-causing components. The result is a highly nutritious rice protein that many rice-sensitive individuals can tolerate. However, everyone's level of sensitivity is different. Discuss possible rice sensitivity with your healthcare provider, and be alert to any symptoms that may arise from this sensitivity.





Notes





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