



Cardiometabolic Food Plan (1200–1400 Calories)

PROTEINS

Proteins

Servings/day: 7–9

Lean, free-range, grass-fed, organically grown meats; non-GMO plant proteins and wild-caught fish preferred

Animal Proteins:

- Cheese, low-fat—1 oz
- Cheese, hard—½ oz
- Cottage cheese, low-fat—¼ c
- Egg or 2 egg whites—1
- Feta cheese, low-fat—1 oz
- Parmesan cheese—2 T
- Ricotta cheese, low-fat—¼ c
- Fish/Shellfish:**
Halibut, herring, mackerel, salmon, sardines, tuna, etc.—1 oz

- Meat: Beef, buffalo, elk, lamb, venison, other wild game—1 oz
- Poultry (skinless): Chicken, Cornish hen, turkey—1 oz

Plant Protein:

- Tofu**, firm/extra firm—1.5–2 oz
- Tofu**, soft/silken—3 oz
- Tempeh**—1 oz
- Natto**—1 oz

Protein Powder:

- Check label for # grams scoop—1 protein serving = 7 g Egg, hemp, pea, rice, **soy**, whey

1 serving as listed = 35–75 calories, 5–7 g protein, 3–5 g fat, 0–4 g carbs

Average protein serving is 3–4 oz (palm of hand sized)

LEGUMES

Proteins/Carbs

Servings/day: 1

- Bean soups—¾ c
- Black soybeans** (cooked)—½ c
- Dried beans, lentils, peas, (cooked)—½ c
- Edamame** (cooked)—½ c
- Flour, legume—¼ c
- Green peas (cooked)—½ c

- Hummus or other bean dips—½ c

- Refried beans, vegetarian—¼ c

1 serving = 90–110 calories, 3–7 g protein, 0 fat, 15 g carbs

DAIRY & ALTERNATIVES

Proteins/Carbs

Servings/day: 1

Unsweetened, organic preferred

Dairy:

- Milk: Cow, goat—8 oz
- Yogurt, Greek, plain**—6 oz
- Kefir, plain**—6–8 oz

Dairy Alternatives:

- Milk: Almond, coconut, flaxseed, hazelnut, hemp, oat, **soy**—8 oz
- Yogurt**, coconut or **soy**, cultured—4–6 oz

1 dairy serving = 90–150 calories, 7–8 g protein, 12 g carbs

1 dairy alternative serving = 25–90 calories, 1–4 g carbs, 1–9 g protein (nutritional values vary)

Low Glycemic Impact Recommendations

Limit to 1–2 servings per day

NUTS & SEEDS

Proteins/Fats

Servings/day: 2

Raw, organic preferred

- Almonds**—6
- Brazil nuts**—2
- Cashews**—6
- Chia seeds**—1 T
- Coconut, dried flakes, unsweetened—3 T
- Flaxseed, ground**—2 T
- Hazelnuts**—5
- Hemp seeds**—1 T
- Mixed nuts**—6
- Nut and seed butters**—½ T
- Peanuts—10
- Pecan halves**—4
- Pine nuts—1 T
- Pistachios**—16
- Pumpkin seeds—1 T
- Sesame seeds—1 T

- Soy nuts**—2 T

- Sunflower seed kernels—1 T

1 serving = 45 calories, 4 g fat

- Walnut halves**—4

FATS & OILS

Fats

Servings/day: 3–4

Minimally refined, cold-pressed, organic, non-GMO preferred

- Avocado**—2 T
- Butter—1 t, 2 t *whipped*
- Chocolate, dark, 70% or higher cocoa—1 oz
- Coconut milk, regular, canned—1½ T
- Coconut milk, light, canned—3 T
- Ghee/clarified butter—1 t
- Mayonnaise, unsweetened—1 t
- Olives, black or green**—8
- Oils, cooking: Butter, coconut (virgin), grapeseed, **olive, (extra virgin)** rice bran, sesame—1 t
- Oils, salad: Almond, avocado, canola, flaxseed, grapeseed, hempseed, high-oleic safflower, **olive (extra virgin)**, pumpkin seed, rice bran, sesame, sunflower, walnut,—1 t

1 serving = 45 calories, 5 g fat

Items in blue indicate preferred therapeutic foods

Notes: Nutritional amounts are based on average values for the variety of foods within each food category.

Dietary prescription is subject to the discretion of the health practitioner.



VEGETABLES Non-starchy **Carbs**

Servings/day: 5-7

- Artichoke**
- Arugula
- Asparagus
- Bamboo shoots
- Bok choy
- Broccoflower
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celeriac root
- Celery**
- Chard/Swiss chard**
- Chervil**
- Chinese cabbage**
- Chives
- Cilantro
- Cucumbers
- Daikon radishes
- Eggplant
- Endive**
- Escarole
- Fennel**
- Garlic**
- Green beans
- Greens (beet, collard, dandelion, kale, mustard, turnip)**
- Herbs/Spices, all
- Horseradish
- Jicama
- Kohlrabi**
- Leeks**
- Lettuce, all**
- Microgreens**
- Mushrooms
- Okra
- Onions**
- Parsley**
- Peppers, all
- Radicchio
- Radishes
- Salsa
- Scallions**
- Sea vegetables
- Shallots**
- Snap peas/snow peas
- Spinach**
- Sprouts, all
- Squash (delicata, pumpkin, spaghetti, yellow, zucchini)
- Tomato**
- Tomato juice— $\frac{3}{4}$ c
- Turnips
- Vegetable juice— $\frac{3}{4}$ c
- Vegetables, fermented
- Water chestnuts
- Watercress**

1 serving = $\frac{1}{2}$ c, 1 c raw greens = 25 calories, 5 g carbs

VEGETABLES Starchy **Carbs**

Servings/day: 1

- Acorn squash, cubed—1 c
- Beets, cubed**—1 c
- Butternut squash, cubed—1 c
- Plantain ($\frac{1}{2}$ whole)— $\frac{1}{3}$ c
- Potato: Purple, red, sweet, yellow— $\frac{1}{2}$ med
- Potatoes, mashed— $\frac{1}{2}$ c
- Root vegetables: parsnip, rutabaga— $\frac{1}{2}$ c
- Yam— $\frac{1}{2}$ med

1 serving = 80 calories, 15 g carbs

Low Glycemic Impact Recommendations

Short term: Consider removal
Long term: Limit to 1 serving per day

FRUITS **Carbs**

Servings/day: 2

Unsweetened, no sugar added

- Apple—1 sm
- Applesauce— $\frac{1}{2}$ c
- Apricots, fresh—4
- Banana— $\frac{1}{2}$ med
- Blackberries— $\frac{3}{4}$ c
- Blueberries**— $\frac{3}{4}$ c
- Cherries—12
- Grapefruit— $\frac{1}{2}$
- Grapes—15
- Kiwi—1
- Mango— $\frac{1}{2}$ sm
- Melon, all—1 c
- Nectarine—1 sm
- Orange—1 sm
- Papaya—1 c
- Peach—1
- Pear—1 sm
- Persimmon— $\frac{1}{2}$
- Pineapple— $\frac{3}{4}$ c
- Plums—2 sm
- Pomegranate seeds**— $\frac{1}{2}$ c
- Raspberries—1 c
- Strawberries—1 $\frac{1}{4}$ c
- Tangerines—2 sm

1 serving = 60 calories, 15 g carbs

Low Glycemic Impact Recommendations

Limit to 2 servings per day
Avoid dried fruit and fruit juices

WHOLE GRAINS (100%) **Carbs**

Servings/day: 1

Unsweetened, sprouted and organic preferred

Gluten-Free:

- Amaranth— $\frac{1}{3}$ c
- Buckwheat/Kasha— $\frac{1}{2}$ c
- Millet— $\frac{1}{2}$ c
- Oats** (rolled oats, steel-cut oats)— $\frac{1}{2}$ c
- Quinoa— $\frac{1}{2}$ c
- Rice (basmati, black, brown, purple, red, wild)— $\frac{1}{3}$ c
- Sorghum— $\frac{1}{8}$ c
- Teff— $\frac{3}{4}$ c

All grain servings are for cooked amounts

1 serving = 75-110 calories, 15 g carbs

Low Glycemic Impact Recommendations

Short term: Consider removal
Long term: Limit to 1-2 servings per day

Gluten Containing:

- Barley**— $\frac{1}{3}$ c
- Bulgur— $\frac{1}{2}$ c
- Couscous— $\frac{1}{3}$ c
- Crackers, rye—4-7
- Kamut— $\frac{1}{2}$ c
- Semolina— $\frac{1}{8}$ c
- Spelt— $\frac{1}{3}$ c
- Whole wheat cereal— $\frac{1}{2}$ c

Individual portions:

- Bread—1 sl
- Muesli— $\frac{1}{2}$ c
- Pasta— $\frac{1}{3}$ c
- Pita— $\frac{1}{2}$
- Tortilla—1, 6 in

BEVERAGES

- Beetroot juice
- Filtered water
- Sparkling/mineral water
- Green tea
- Low-sodium vegetable juice
- Steamed soy milk (organic, unsweetened)
- Unsweetened nut/seed milks

Organic, non-GMO fruits and vegetables preferred

