



Cardiometabolic Food Plan (1800–2200 Calories)

PROTEINS

Proteins

Servings/day: 10–12

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: 2–3

- 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: 2–3

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: 3–4

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: 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: 8-10

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

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

VEGETABLES Starchy

Carbs

Servings/day: 1

- | | |
|---|--|
| <input type="checkbox"/> Acorn squash, cubed—1 c | <input type="checkbox"/> Potato: Purple, red, sweet, yellow— $\frac{1}{2}$ med |
| <input type="checkbox"/> Beets, cubed —1 c | <input type="checkbox"/> Potatoes, mashed— $\frac{1}{2}$ c |
| <input type="checkbox"/> Butternut squash, cubed—1 c | <input type="checkbox"/> Root vegetables: parsnip, rutabaga— $\frac{1}{2}$ c |
| <input type="checkbox"/> Plantain ($\frac{1}{2}$ whole)— $\frac{1}{3}$ c | <input type="checkbox"/> 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

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

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: 2

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

- | | |
|--|--|
| <input type="checkbox"/> Beetroot juice | <input type="checkbox"/> Low-sodium vegetable juice |
| <input type="checkbox"/> Filtered water | <input type="checkbox"/> Steamed soy milk (organic, unsweetened) |
| <input type="checkbox"/> Sparkling/mineral water | <input type="checkbox"/> Unsweetened nut/seed milks |
| <input type="checkbox"/> Green tea | |

Organic, non-GMO fruits and vegetables preferred



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