



# Cardiometabolic Food Plan

## PROTEINS

Proteins

Servings/day \_\_\_\_\_

**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
- Egg substitute—⅔ c
- 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:

- Burger alternatives: Bean, mushroom, soy, veggie—1 oz
- Miso**—3 T
- Tofu, tempeh**—½ c
- Check label for # grams scoop—1 protein serving = 7 g
- Egg, hemp, pea, rice, **soy**, whey

### Protein Powder:

1 oz serving = 35-75 calories, 7g protein

## LEGUMES

Proteins/Carbs

Servings/day \_\_\_\_\_

- 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—⅓ c
- Refined beans, vegetarian—¼ c

1 serving = 110 calories, 15g carbs, 7g protein

## DAIRY & ALTERNATIVES Proteins/Carbs

Servings/day \_\_\_\_\_

### Unsweetened

- Buttermilk—4 oz
- Kefir, plain**—4 oz
- Milk: Cow, goat—4 oz
- Milk: Almond, coconut, flaxseed, hazelnut, hemp, oat, **soy**—8 oz
- Yogurt, plain**—6 oz
- Yogurt, Greek, plain**—4 oz

1 serving = 50-100 calories, 12g carbs, 7g protein

### Low Sugar Impact Recommendations

Limit to 1-2 servings per day

## NUTS & SEEDS Proteins/Fats

Servings/day \_\_\_\_\_

- 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
- Walnut halves**—4

1 serving = 45 calories, 4g fat

## FATS & OILS

Fats

Servings/day \_\_\_\_\_

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

- Avocado**—2 T
- Butter—1 t, 2 t *whipped*
- Chocolate, dark, 70% or higher cocoa—1 sq, 1 square = 7 g
- 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, 5g 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.



© 2014 The Institute for Functional Medicine

**VEGETABLES Non-starchy** **Carbs**

Servings/day \_\_\_\_\_

- Artichoke**
- Arugula
- Asparagus
- Bamboo shoots
- Bok choy
- Broccoflower
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- 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**
- Lettuces, 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 cooked, 1 c raw, 25 calories, 5 g carbs

**VEGETABLES Starchy** **Carbs**

Servings/day \_\_\_\_\_

- Acorn squash,
- Beets, cubed**—1 c
- Butternut squash,
- Celeriac 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 Sugar Impact Recommendations**

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

**FRUITS** **Carbs**

Servings/day \_\_\_\_\_

**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 Sugar Impact Recommendations**

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

**WHOLE GRAINS (100%)** **Carbs**

Servings/day \_\_\_\_\_

**Unsweetened**

- Amaranth\* (cooked)— $\frac{3}{4}$  c
- Barley, cooked**— $\frac{1}{3}$  c
- Bread—1 sl
- Buckwheat/Kasha\* (cooked)— $\frac{1}{2}$  c
- Bulgur (cooked)— $\frac{1}{2}$  c
- Couscous— $\frac{1}{3}$  c
- Crackers, rye—4-7
- English muffin— $\frac{1}{2}$
- Kamut (cooked)— $\frac{1}{2}$  c
- Millet\* (cooked)— $\frac{1}{2}$  c
- Muesli— $\frac{1}{2}$  c
- Oats\*** (cooked; rolled oats, steel-cut oats)— $\frac{1}{2}$  c
- Pasta (cooked)— $\frac{1}{3}$  c
- Pita— $\frac{1}{2}$
- Quinoa\* (cooked)— $\frac{1}{2}$  c
- Rice\* (cooked; basmati, black, brown, purple, red, wild)— $\frac{1}{3}$  c
- Semolina (cooked)— $\frac{1}{8}$  c
- Sorghum\* (cooked)— $\frac{1}{8}$  c
- Spelt (cooked)— $\frac{1}{3}$  c
- Teff\* (cooked)— $\frac{3}{4}$  c
- Tortilla (wheat, teff\*)—1, 6 in
- Whole wheat cereal (cooked)— $\frac{1}{2}$  c

1 serving = 75-110 calories, 15 g carbs \*Gluten free

**Low Sugar Impact Recommendations**

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

**BEVERAGES**

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

