



# Cardiometabolic Food Plan (1400–1800 Calories)

## PROTEINS

Proteins

Servings/day: 9–10

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

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

## LEGUMES

Proteins/Carbs

Servings/day: 1–2

- 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, 15 g carbs, 7 g protein

## DAIRY & ALTERNATIVES

Proteins/Carbs

Servings/day: 1–2

### 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** or coconut (cultured coconut milk)—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: 2–3

- 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, 4 g fat

## 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 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, 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.



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Version 4

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

Servings/day: 7-8

- 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 cooked, 1 c raw, 25 calories, 5 g carbs

**VEGETABLES Starchy** **Carbs**

Servings/day: 1

- Acorn squash,
- Beets, cubed**—1 c
- Butternut squash,
- 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: 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 Sugar Impact Recommendations**  
 Limit to 2 servings per day  
 Avoid dried fruit and fruit juices

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

Servings/day: 1-2

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

