FREEING You To Eat Your WAE

the wae clinic

Find Your Freedom

Susan Prather, FNP-C

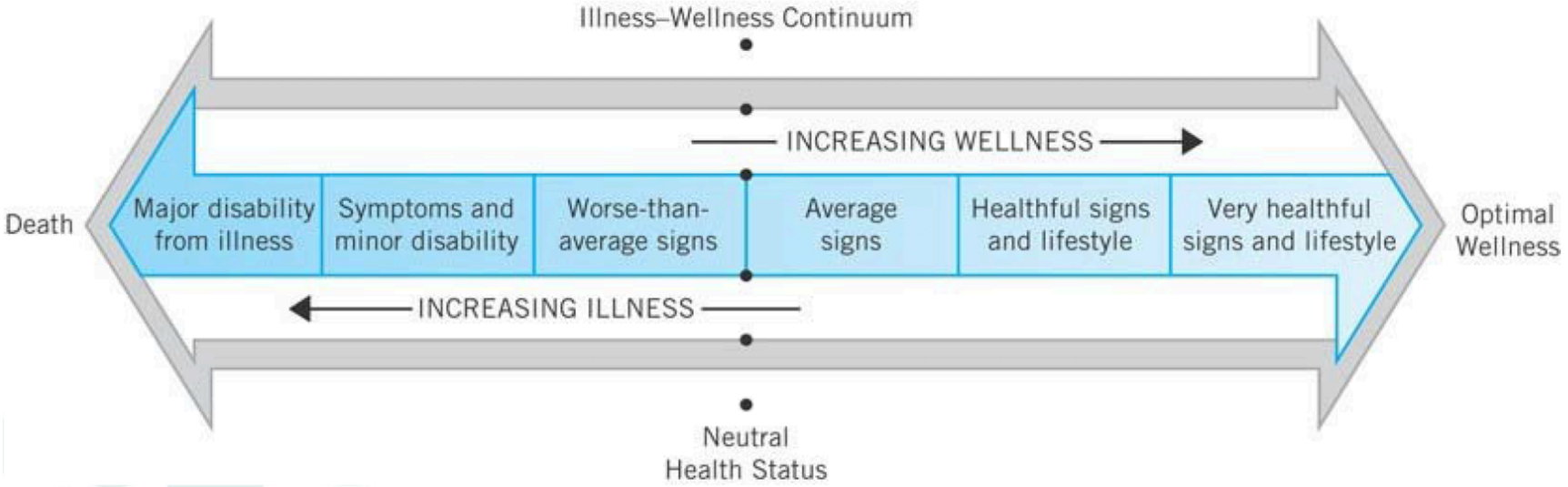
I am certified by the American Academy of Nurse Practitioners. I am the founder and owner of The WAE Clinic, PLLC in Cleveland, Mississippi.

After my own health crisis and an endless search for answers with providers, I found help and healing in the whole-person approach of functional medicine. I experienced amazing symptom relief and became an integrative medicine convert after more than a decade as a nurse practitioner in conventional clinics. I'm on a mission to share what I've learned with my patients to help them break away from traditional sick care and toward wellness and vibrant health.

I am zealous about personalizing care for every person and take time to listen and evaluate so I can treat the root cause of the problem rather than suppressing symptoms.

I earned my bachelor of nursing from Delta State University and a master's of nursing from the University of Mississippi Medical Center School of Nursing. I recently completed a board certification in anti-aging medicine at the American Academy of Anti-Aging Medicine and I am currently enrolled in a postmasters program in Integrative Medicine at George Washington University.

Illness-Wellness Continuum



FATIGUE

Carnitine Transports fatty acids into mitochondria; Decreases both mental and physical fatigue in clinical trials.[15,31,32]

Chromium Promotes glucose uptake into cells, helping stabilize blood sugar.[16,33]

Zinc Deficiency lowers immunity and may cause muscle fatigue; Involved in several reactions for energy metabolism.[15,34,35]

Asparagine Supplementation of this amino acid delayed fatigue during exercise by decreasing the rate at which glycogen was used up; needed for gluconeogenesis, a process that allows glucose to be made from protein to prevent blood sugar from getting too low.[1,2,3]

B Vitamins Necessary for converting food into energy; Cofactors in the mitochondrial respiratory chain include B1, B2, B3, B5, B6, B12 and Folate.[8,15,16,26-30]

Biotin Helps liver utilize glycogen for energy. Animal studies confirm that biotin deficiency causes clinical fatigue.[4]

Vitamin D Low levels are seen in patients with chronic fatigue syndrome; Deficiency causes reduced muscle strength.[24,25]

Glutamine Mental and physical fatigue coincides with reduced levels of this amino acid in various tissues. Supplementation makes muscle more sensitive to insulin, increasing energy levels.[5,6,7]

Vitamin E Inverse correlation exists between fatigue and vitamin E levels.[23]

Serine Counteracts the overproduction of fatigue-causing stress hormones.[8,9]

Vitamin A When cellular levels of vitamin A are low, mitochondrial respiration and ATP production decreases.[22]

CoQ10 Deficiency causes fatigue due to its role in mitochondrial energy metabolism; therapeutic benefits particularly noticeable in chronic fatigue syndrome.[10,11,12,15]

Vitamin C Assists iron uptake and transport; Precursor to carnitine and several hormones that affect energy levels. Supplementation reduced fatigue in various trials.[15,16,21]

Antioxidants Several studies confirm that oxidative stress exacerbates clinical symptoms of fatigue. Mitochondrial dysfunction (inefficient energy metabolism) can be treated therapeutically with antioxidants such as Selenium, Cysteine, a-Lipoic acid and Glutathione, of which unusually low levels are seen in chronic fatigue patients.[12,16,18,19,20]

Magnesium Required to store energy molecule ATP; Repletion of magnesium in chronic fatigue patients shows clinical improvement in energy levels.[15,16,17]

Fructose Intolerance Fatigue (and hypoglycemia) are classic symptoms of this condition, since it depletes the main form of cellular energy, ATP.[13,14]

WEIGHT MANAGEMENT

Asparagine
This amino acid increases insulin sensitivity which helps the body store energy in muscle instead of storing it as body fat.[1,2]

Biotin Boosts metabolism by improving glycemic control (stabilizes blood sugar) and lowering insulin, a hormone that promotes fat formation.[3,4,5]

Carnitine
Carries fatty acids into the cell so they can be burned for fuel; Helps reduce visceral adiposity (belly fat).[6,7]

Calcium Inhibits the formation of fat cells; Also helps oxidize (burn) fat cells.[8,9,10]

Lipoic Acid Improves glucose uptake into cells, which helps a person burn carbohydrates more efficiently.[11,12,13]

Chromium Makes the body more sensitive to insulin, helping to reduce body fat and increase lean muscle.[14,15,16,27,28,4]

Vitamin B5 Taking B5 lowers body weight by activating lipoprotein lipase, an enzyme that burns fat cells. One study linked B5 supplementation to less hunger when dieting.[17,18]

Magnesium Low magnesium in cells impairs a person's ability to use glucose for fuel, instead storing it as fat; Correcting a magnesium deficiency stimulates metabolism by increasing insulin sensitivity. Magnesium may also inhibit fat absorption.[19,20,21]

Glutamine
Reduces fat mass by improving glucose uptake into muscle.[22,23]

Cysteine
Supplementation with this antioxidant reduced body fat in obese patients.[24]

Inositol
Supplementation may increase adiponectin levels.[25]

Vitamin B3 (Niacin)
Treatment with B3 increases adiponectin, a weight-loss hormone secreted by fat cells; Niacin-bound chromium supplements helped reduced body weight in clinical trials.[26,27,28]

Vitamin A
Enhances expression of genes that reduce a person's tendency to store food as fat; Reduces the size of fat cells.[10,29,30]

Vitamin E Inhibits pre-fat cells from changing into mature fat cells, thus reducing body fat.[10,31,32]

Vitamin D Deficiency strongly linked to poor metabolism of carbohydrates; Genes that are regulated by vitamin D may alter the way fat cells form in some people.[8,33,34]

Vitamin K
Poor vitamin K status linked to excess fat tissue; Vitamin K helps metabolize sugars.[35,36]

Zinc Deficiency of zinc reduces leptin, a beneficial hormone that regulates appetite, which is reversed by zinc repletion.[10,37]

ANXIETY

Chromium
Its effect on serotonin transmission may explain its anxiolytic (anxiety relieving) effect in animal studies.[30,31]

Folate
Aids in production of neurotransmitters such as dopamine and serotonin, which have a calming effect on mood.[19,32,33]

Inositol
A neurochemical messenger in the brain, inositol (vitamin B8) affects dopamine and serotonin receptors; Trials confirm it is very effective in reducing panic attacks.[1,2]

Carnitine
Studies show that carnitine can reduce anxiety and improve feelings of well being.[28,29]

Choline
Precursor to the neurotransmitter acetylcholine, which affects focus and mood; Low levels of choline linked to anxiety.[3,4]

Vitamins D and E
Low vitamin D status is linked to anxiety; Animal studies confirm the role of vitamins D and E in reducing anxiety-related behavior.[24,25,26,27]

Serine
Exerts a calming effect by buffering the adrenal response to physical or emotional stress; Lowered anxiety scores of patients with post traumatic stress disorder.[5,6,7]

Vitamin B3
One of the symptoms of severe B3 deficiency (pellagra) is anxiety; Pharmacological doses of B3 may enhance the calming effects of GABA in the brain; Converts tryptophan to serotonin.[19,22,23]

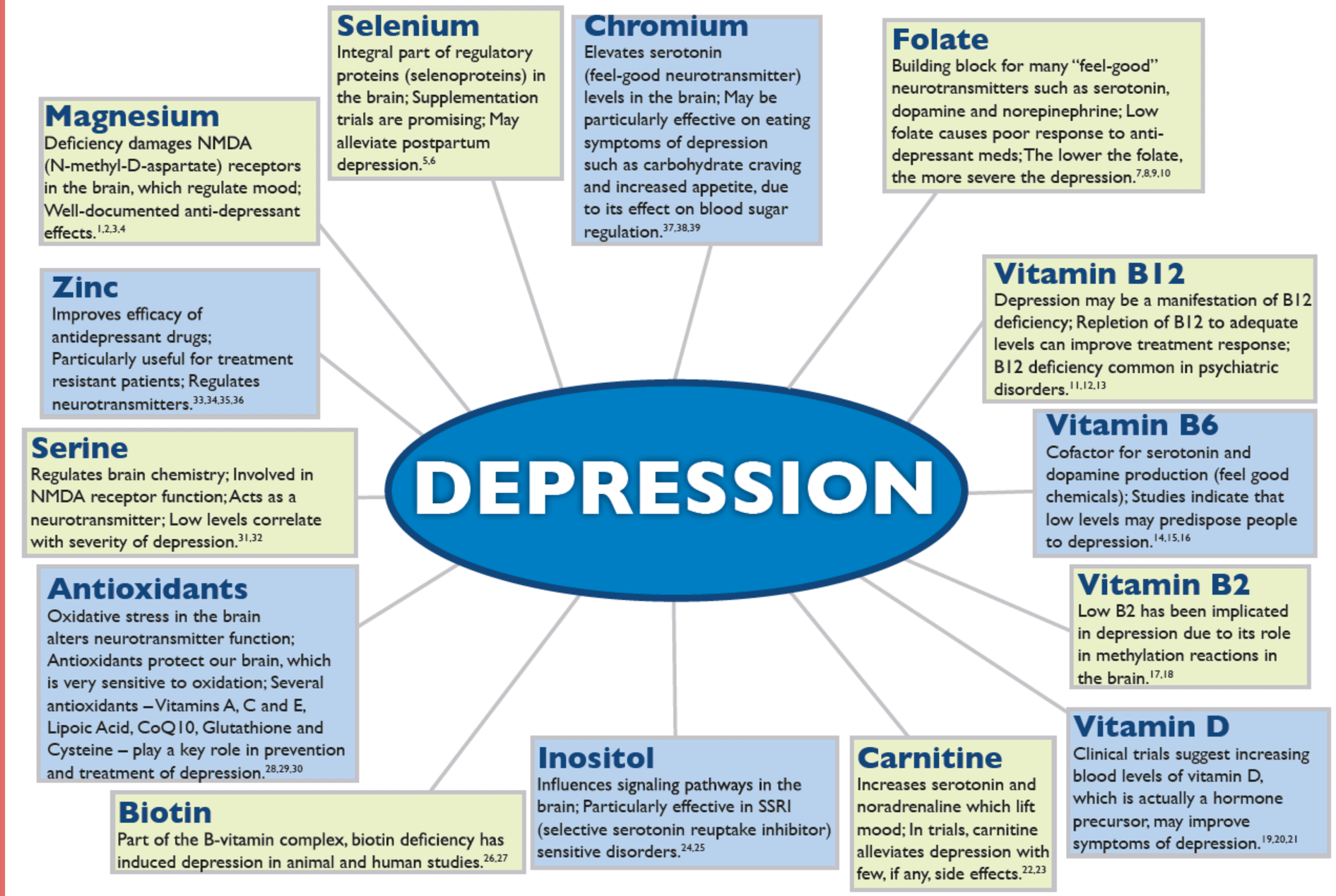
Copper
Integral part of certain chemicals in the brain (such as endorphins) that calm anxious feelings; Anxiety-like behavior may be exacerbated with copper deficiency.[8,9,10]

Vitamin B6
Cofactor in synthesis of calming neurotransmitters such as GABA (gamma-aminobutyric acid), serotonin and dopamine.[19,20,21]

Zinc
Reduces anxiety in clinical trials, possibly due to its interaction with NMDA (N-methyl-D- aspartate) receptors in the brain which regulate mood.[16,17,18]

Selenium
Repletion of selenium to normal levels reduced anxiety scores in clinical trials; Some suggest the mechanism of action is due to its role in key regulatory proteins (selenoproteins).[14,15]

Magnesium
Regulates the HPA (hypothalamic-pituitary adrenal) axis which controls physical and psychological reactions to stress; Deficiency can induce anxiety and emotional hyper-reactivity.[11,12,13]



Nutrient Functions | Deficiency Symptoms

Micronutrient Testing

NUTRIENT	POTENTIAL	WHAT IT DOES	WHERE IT'S FOUND	SYMPTOMS AND PROBLEMS
VITAMIN B1	VERY COMMON	Carb. conversion, breaks down fats & protein, digestion, nervous system, skin, hair, eyes, mouth, liver, immune system	Pork, organ meats, whole grain and enriched cereals, brown rice, wheat germ, bran, Brewer's yeast, blackstrap molasses	Heart, age-related cognitive decline, Alzheimer's, fatigue
VITAMIN B2	VERY COMMON	Metabolism, carb. conversion, breaks down fats & protein, digestion, nervous system, skin, hair, eyes, mouth, liver	Brewer's yeast, almonds, organ meats, whole grains, wheat germ, mushrooms, soy, dairy, eggs, green vegetables	Anemia, decreased free radical protection, cataracts, poor thyroid function, B6 deficiency, fatigue, elevated homocysteine
VITAMIN B3	LESS COMMON	Energy, digestion, nervous system, skin, hair, eyes, liver, eliminates toxins, sex/stress hormones, improves circulation	Beets, Brewer's yeast, meat, poultry, organ meats, fish, seeds, nuts	Cracking, scaling skin, digestive problems, confusion, anxiety, fatigue
VITAMIN B6	COMMON	Enzyme, protein metabolism, RBC production, reduces homocysteine, nerve & muscle cells, DNA/RNA, B12 absorption, immune function	Poultry, tuna, salmon, shrimp, beef liver, lentils, soybeans, seeds, nuts, avocados, bananas, carrots, brown rice, bran, wheat germ, whole grain flour	Depression, sleep and skin problems, confusion, anxiety, fatigue
VITAMIN B12	VERY COMMON	Healthy nerve cells, DNA/RNA, red blood cell production, iron function	Fish, meat, poultry, eggs, milk, milk products	Anemia, fatigue, constipation, loss of appetite/ weight, numbness and tingling in the hands and feet, depression, dementia, poor memory, oral soreness
BIOTIN	LESS COMMON	Carbs, fat, amino acid metabolism (the building blocks of protein)	Salmon, meats, vegetables, grains, legumes, lentils, egg yolks, milk, sweet potatoes, seeds, nuts, wheat germ	Depression, nervous system, premature graying, hair, skin
FOLATE	VERY COMMON	Mental health, infant DNA/RNA, adolescence & pregnancy, with B12 to regulate RBC production, iron function, reduce homocysteine	Supplementation, fortified grains, tomato juice, green vegetables, black-eyed peas, lentils, beans	Anemia, immune fuction, fatigue, insomnia, hair, high homocysteine, cardiovascular disease
PANTOTHENATE	LESS COMMON	RBC production, sex and stress-related hormones, immune function, healthy digestion, helps use other vitamins	Meat, vegetables, whole grains, legumes, lentils, egg yolks, milk, sweet potatoes, seeds, nuts, wheat germ, salmon	Stress tolerance, wound healing, skin problems, fatigue
VITAMIN A	LESS COMMON	Eyes, immune function, skin, essential cell growth and development	Milk, eggs, liver, fortified cereals, orange or green vegetables, fruits	Night blindness, immune function, zinc deficiency, fat malabsorption
VITAMIN C	COMMON	Enzyme activation, second messenger roles (transmitting hormonal information), blood clotting, cell and cell organelle membrane function, nerve impulse transmission and muscular contraction, tone and irritability	Supplemention, broccoli, brussel sprouts, cantaloupe, cauliflower, citrus, guava, kiwi, papaya, parsley, peas, potatoes, peppers, parsley, rose hips, strawberries and tomatoes	Muscular and nervous irritability, muscle spasms, muscle cramps and tetany, tooth decay, periodontal disease, depression, possibly hypertension
VITAMIN D	VERY COMMON	Calcium and phosphorus levels, calcium absorption, bone mineralization	Sunlight, milk, egg yolks, liver, fish	Osteoporosis, calcium absorption, thyroid
VITAMIN K	LESS COMMON	Aids in the formation of clotting factors and bone proteins and the formation of glucose into glycogen for storage in the liver	Kale, green tea, turnip greens, spinach, broccoli, lettuce, cabbage, beef liver, asparagus, watercress, cheese, oats, peas, whole wheat	Excessive bleeding, a history of bruising, appearance of ruptured capillaries or menorrhagia (heavy periods)

Nutrient Functions | Deficiency Symptoms

Micronutrient Testing

NUTRIENT	POTENTIAL	WHAT IT DOES	WHERE IT'S FOUND	SYMPTOMS AND PROBLEMS
VITAMIN E	VERY COMMON	Antioxidant, regulates oxidation reactions, stabilizes cell membrane, immune function, protects against cardiovascular disease, cataracts, macular degeneration	Wheat germ, liver, eggs, nuts, seeds, cold - pressed vegetable oils, dark leafy greens, sweet potatoes, avocados, asparagus	Skin, hair, rupturing of red blood cells, anemia, bruising, PMS, hot flashes, eczema, psoriasis, cataracts, wound healing, muscle weakness, sterility
CALCIUM	VERY COMMON	Bones, teeth, helps heart, nerves, muscles, body systems work properly, needs other nutrients to function	Dairy, wheat/soy flour, molasses, Brewer's yeast, Brazil nuts, broccoli, cabbage, dark leafy greens, hazelnuts, oysters, sardines, canned salmon	Osteoporosis, osteomalacia, osteoarthritis, muscle cramps, irritability, acute anxiety, colon cancer risk
CHROMIUM	COMMON	Assists insulin function, increases fertility, carbohydrate/fat metabolism, essential for fetal growth/development	Supplementation, Brewer's yeast, whole grains, seafood, green beans, broccoli, prunes, nuts, potatoes, meat	Metabolic syndrome, insulin resistance, decreased fertility
MAGNESIUM	VERY COMMON	300 biochemical reactions, muscle/nerve function, heart rhythm, immune system, strong bones, regulates calcium, copper, zinc, potassium, vitamin D	Green vegetables, beans, peas, nuts, seeds, whole unprocessed grains	Appetite, nausea, vomiting, fatigue cramps, numbness, tingling, seizures, heart spasms, personality changes, heart rhythm
SELENIUM	COMMON	Antioxidant, works with vitamin E, immune function, prostaglandin production	Brewer's yeast, wheat germ, liver, butter, cold water fish, shellfish, garlic, whole grains, sunflower seeds, Brazil nuts	Destruction to heart/pancreas, sore muscles, fragility of red blood cells, immune system
ZINC	MOST COMMON	Supports enzymes, immune system, wound healing, taste/smell, DNA synthesis, normal growth & development during pregnancy, childhood and adolescence	Oysters, red meat, poultry, beans, nuts, seafood, whole grains, fortified breakfast cereals, dairy	Growth retardation, hair loss, diarrhea, impotence, eye & skin lesions, loss of appetite, taste, weight loss, wound healing, mental lethargy
CO Q10	COMMON	Powerful antioxidant, stops oxidation of LDL cholesterol, energy production, important to heart, liver and kidneys	Oily fish, organ meats, whole grains	Congestive heart failure, high blood pressure, angina, mitral valve prolapse, fatigue, gingivitis, immune system stroke, cardiac arrhythmias
CARNITINE	LESS COMMON	Energy, heart function, oxidize amino acids for energy, metabolize ketones	Red meat, dairy, fish, poultry, tempeh (fermented soybeans), wheat, asparagus, avocados, peanut butter	Elevated cholesterol, liver function, muscle weakness, reduced energy, impaired glucose control
N - ACETYL CYSTEINE (NAC) & GLUTATHIONE	MOST COMMON	Glutathione production, lowers homocysteine, lipoprotein (a), heal lungs, inflammation, decrease muscle fatigue, liver detoxification, immune function	Meats, ricotta, cottage cheese, yogurt, wheat germ, granola, oat flakes	Free radical overload, elevated homocysteine, cancer risk, cataracts, macular degeneration, immune function, toxin elimination
ALPHA LIPOIC ACID	COMMON	Energy, blood flow to nerves, glutathione levels in brain, insulin sensitivity, effectiveness of vitamins C, E, antioxidants	Supplementation, spinach, broccoli, beef, Brewer's yeast, some organ meats	Diabetic neuropathy, reduced muscle mass, atherosclerosis, Alzheimer's, failure to thrive, brain atrophy, high lactic acid
COPPER	LESS COMMON	Bone formation, involved in healing process, energy production, hair and skin coloring, taste sensitivity, stimulates iron absorption, helps metabolize several fatty acids	Oysters, seeds, dark leafy vegetables, organ meats, dried legumes, whole grain breads, nuts, shellfish, chocolate, soybeans, oats, blackstrap molasses	Osteoporosis, anemia, baldness, diarrhea, general weakness, impaired respiratory function, myelopathy, decreased skin pigment, reduced resistance to infection

DRUG	NUTRIENT DEFICIENCY	POTENTIAL HEALTH PROBLEMS
ANTI-INFLAMMATORIES	Calcium	Osteoporosis, heart and blood pressure irregularities, tooth decay
Steroids: Prednisone, Medrol,	Vitamin D	Osteoporosis, muscle weakness, hearing loss
Aristocort, Decadron	Magnesium	Cardiovascular problems, asthma, osteoporosis, cramps, PMS
	Zinc	Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
	Vitamin C	Lowered immunity, easy bruising, poor wound healing
	Vitamin B6	Depression, sleep disturbances, increased cardiovascular disease risk
	Vitamin B12	Anemia, depression, tiredness, weakness, increased cardiovascular risk
	Folic Acid	Birth defects, cervical dysplasia, anemia, cardiovascular disease
	Selenium	Lower immunity, reduced antioxidant protection
	Chromium	Elevated blood sugar, cholesterol & triglycerides, diabetes risk
NSAIDS (Motrin, Aleve, Advil, Anaprox, Dolobid, Feldene, Naprosyn and others)	Folic Acid	Birth defects, cervical dysplasia, anemia, cardiovascular disease
Aspirin & Salicylates	Vitamin C	Lowered immune system, easy bruising, poor wound healing
	Calcium	Osteoporosis, heart & blood pressure irregularities, tooth decay
	Folic Acid	Birth defects, cervical dysplasia, anemia, cardiovascular disease
	Iron	Anemia, weakness, fatigue, hair loss, brittle nails
	Vitamin B5	Fatigue, listlessness, and possible problems with skin, liver and nerves
DIURETICS	Calcium	Osteoporosis, heart and blood pressure irregularities, tooth decay
Loop Diuretics (Lasix, Bumex,	Magnesium	Cardiovascular problems, asthma, osteoporosis, cramps, PMS
Edecrin)	Vitamin B1	Depression, irritability, memory loss, muscle weakness, edema
Thiazide Diuretics (HCTZ, Enduron,	Vitamin B6	Depression, sleep disturbances, increased heart disease risk
Diuril, Lozol, Zaroxolyn, Hygroton	Vitamin C	Lowered immunity, easy bruising, poor wound healing
and others)	Zinc	Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
	Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy
	Potassium	Irregular heartbeat, muscle weakness, fatigue, edema
	Sodium	Muscle weakness, dehydration, memory problems, loss of appetite
Potassium Sparing Diuretics	Calcium	Osteoporosis, heart & blood pressure irregularities, tooth decay
	Folic Acid	Birth defects, cervical dysplasia, anemia, cardiovascular disease
	Zinc	Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
CARDIOVASCULAR DRUGS	Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy
Antihypertensives (Catapres,	Vitamin B6	Depression, sleep disturbances, increased cardiovascular disease risk
Aldomet)	Zinc	Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
	Vitamin B1	Depression, irritability, memory loss, muscle weakness, edema
ACE Inhibitors (Capoten, Vasotec, Monopril & others)	Zinc	Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
Beta Blockers (Inderal, Corgard, Lopressor and others)	Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy
DIABETIC DRUGS	Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy
Metformin	Vitamin B12	Anemia, depression, tiredness, weakness, increased cardiovascular risk
	Folic Acid	Birth defects, cervical dysplasia, anemia, heart disease, cancer risk
Sulfonylureas (Tolinase, Micronase/Glynase/DiaBeta)	Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy
ANTIVIRAL AGENTS	Carnitine	Increased blood lipids, abnormal liver function and glucose control
Zidovudine (Retrovir, AZT & other	Copper	Anemia, fatigue, cardiovascular and connective tissue problems
related drugs)	Zinc	Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
	Vitamin B12	Anemia, depression, tiredness, weakness, increased cardiovascular risk
Foscarnet	Calcium	Osteoporosis, heart and blood pressure irregularities, tooth decay
	Magnesium	Cardiovascular problems, asthma, osteoporosis, cramps, PMS
	Potassium	Irregular heartbeat, muscle weakness, fatigue, edema

DRUG	NUTRIENT DEFICIENCY	POTENTIAL HEALTH PROBLEMS
ANTACIDS/ULCER MEDICATIONS	Vitamin B12	Anemia, depression, tiredness, weakness, increased cardiovascular risk
Pepcid, Tagamet, Zantac, Prevacid,	Folic Acid	Birth defects, cervical dysplasia, anemia, heart disease, cancer risk
Prilosec, Magnesium & Aluminum	Vitamin D	Osteoporosis, muscle weakness, hearing loss
antacids	Calcium	Osteoporosis, heart and blood pressure irregularities, tooth decay
	Iron	Anemia, weakness, fatigue, hair loss, brittle nails
	Zinc	Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
ANTIBIOTICS	B Vitamins	Short term depletion effects are minimal, but failure to re-inoculate the
Gentamycin, neomycin, streptomycin,	Vitamin K	GI tract with beneficial bacteria (probiotics) often results in dysbiosis which
cephalosporins, penicillins		causes gas, bloating, decreases digestion & absorption of nutrients, and may
		also lead to a variety of other health problems.
Tetracyclines	Calcium	Osteoporosis, heart & blood pressure irregularities, tooth decay
	Magnesium	Cardiovascular problems, asthma, osteoporosis, cramps, PMS
	Iron	Slow wound healing, fatigue, anemia
	Vitamin B6	Depression, sleep disturbances, increased cardiovascular disease risk
	Zinc	Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
CHOLESTEROL DRUGS	Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy
Lipitor, Crestor, Zocor and others		
ANTI-DEPRESSANTS	Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy
Adapin, Aventyl, Elavil, Pamelor,	Vitamin B2	Problems with skin, eyes, mucous membranes and nerves
& others		
Major Tranquilizers (Thorazine,		
Mellaril, Prolixin, Serentil & others)		
FEMALE HORMONES	Vitamin B6	Depression, sleep disturbances, increased cardiovascular disease risk
Estrogen/Hormone Replacement	Folic Acid	Birth defects, cervical dysplasia, anemia, cardiovascular disease
Oral Contraceptives	Vitamin B1	Depression, irritability, memory loss, muscle weakness, edema
	Vitamin B2	Problems with skin, eyes, mucous membranes and nerves
	Vitamin B3	Cracked, scaly skin, swollen tongue, diarrhea
	Vitamin B6	Depression, sleep disturbances, increased cardiovascular disease risk
	Vitamin B12	Anemia, depression, tiredness, weakness, increased cardiovascular risk
	Vitamin C	Lowered immune system, easy bruising, poor wound healing
	Magnesium	Cardiovascular problems, asthma, osteoporosis, cramps, PMS
	Selenium	Lower immunity, reduced antioxidant protection
	Zinc	Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
ANTICONVULSANTS	Vitamin D	Osteoporosis, muscle weakness, hearing loss
Phenobarbital & barbituates	Calcium	Osteoporosis, heart & blood pressure irregularities, tooth decay
	Folic Acid	Birth defects, cervical dysplasia, anemia, cardiovascular disease
Dilatin, Tegretol, Mysoline	Biotin	Hair loss, depression, cardiac irregularities, dermatitis
Depakane/Depacon	Carnitine	Various cardiovascular problems, weak immune system, low energy
	Vitamin B12	Anemia, depression, tiredness, weakness, increased cardiovascular risk
	Vitamin B1	Depression, irritability, memory loss, muscle weakness, edema
	Vitamin K	Blood coagulation, skeletal problems
	Copper	Anemia, fatigue, cardiovascular and connective tissue problems
	Selenium	Lower immunity, reduced antioxidant protection
	Zinc	Weak immunity, wound healing, sense of smell/taste, sexual dysfunction

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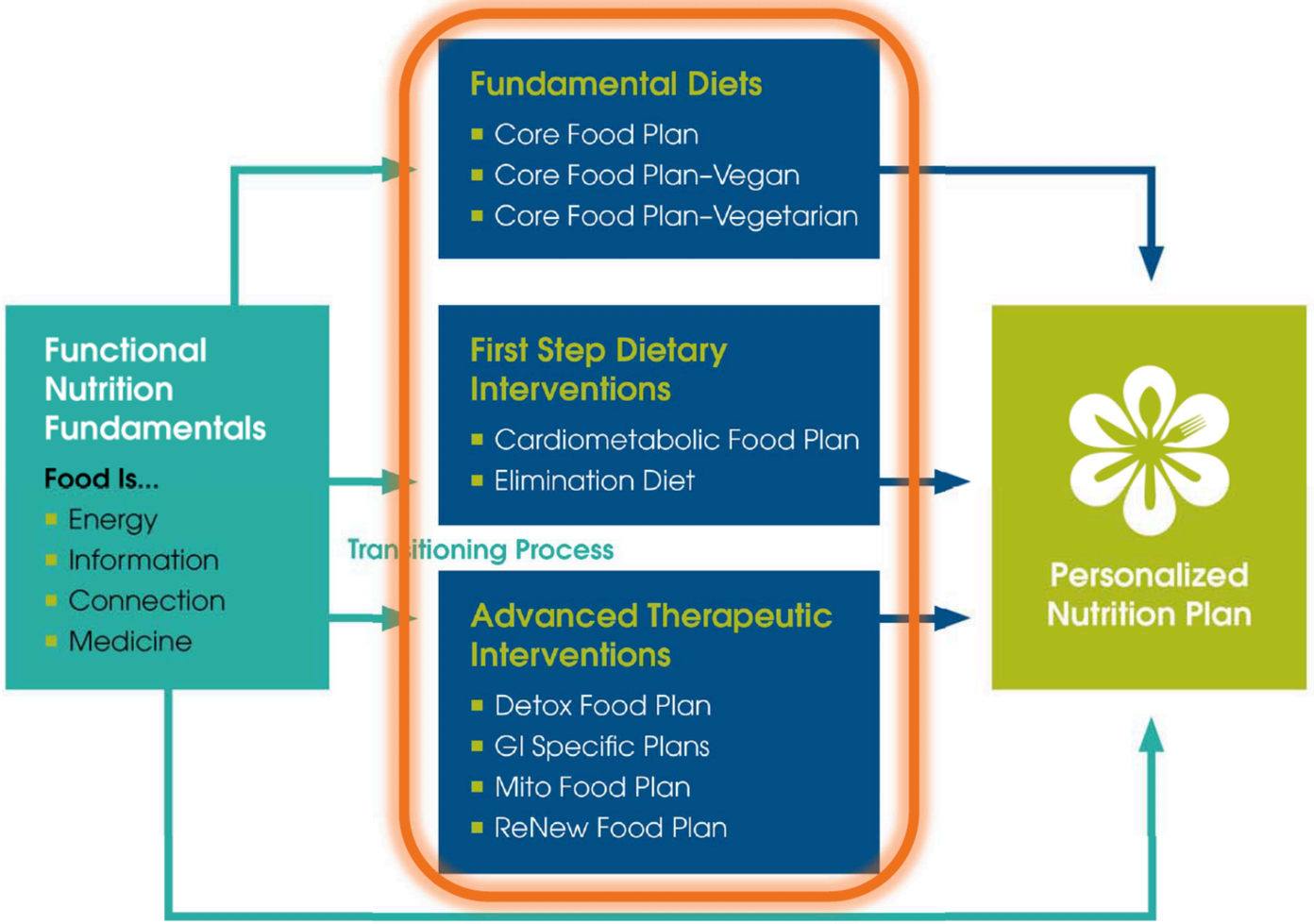
Functional Nutrition Dietary Interventions



Features of the IFM Food Plans

	Core	Core (V)	Core (VE)	Elim Diet	Cardio	ReNew	Detox	Mito
General Features of All IFM Food Plans								
Focus on Whole Foods	■	■	■	■	■	■	■	■
Promotes Clean and Organic	■	■	■	■	■	■	■	■
Balanced Macronutrients	■	■	■	■	■	■	■	■
Adequate Quality Protein	■	■	■	■	■	■	■	■
Balanced Quality Fats	■	■	■	■	■	■	■	■
High in Fiber	■	■	■	■	■	■	■	■
Low in Simple Sugars	■	■	■	■	■	■	■	■
Phytonutrient Diversity	■	■	■	■	■	■	■	■
Eliminates Processed Foods	optional	optional	optional	■	optional	■	■	optional
Frequency and Calorie Features								
No Calorie Restriction	optional	optional	optional	■				
Targeted Calories	optional	optional	optional	optional	■	optional	optional	■
Reduced Carbohydrates						■		■
Ketogenic Options								■
Intermittent Fasting with Caloric Restriction								■
Food Sensitivity Features								
Identifies Food Triggers				■		■		
Reduces Food Triggers				■		■	■	
Dairy-Free	optional	optional	■	■	optional	■	■	optional
Gluten-Free	optional	optional	optional	■	optional	■	■	■
Grain-Free	optional			optional	optional	■	optional	optional
Sugar-Free						■		
Limited Legumes						■		
Low-Grain				optional	■		optional	■
Identifies Histamines, Oxalates, & Nightshades				■		■		
Promotes Body Awareness to Food				■	■	■	■	■

Key: ■ Primary Feature ■ Secondary Feature (V) Vegetarian (VE) Vegan

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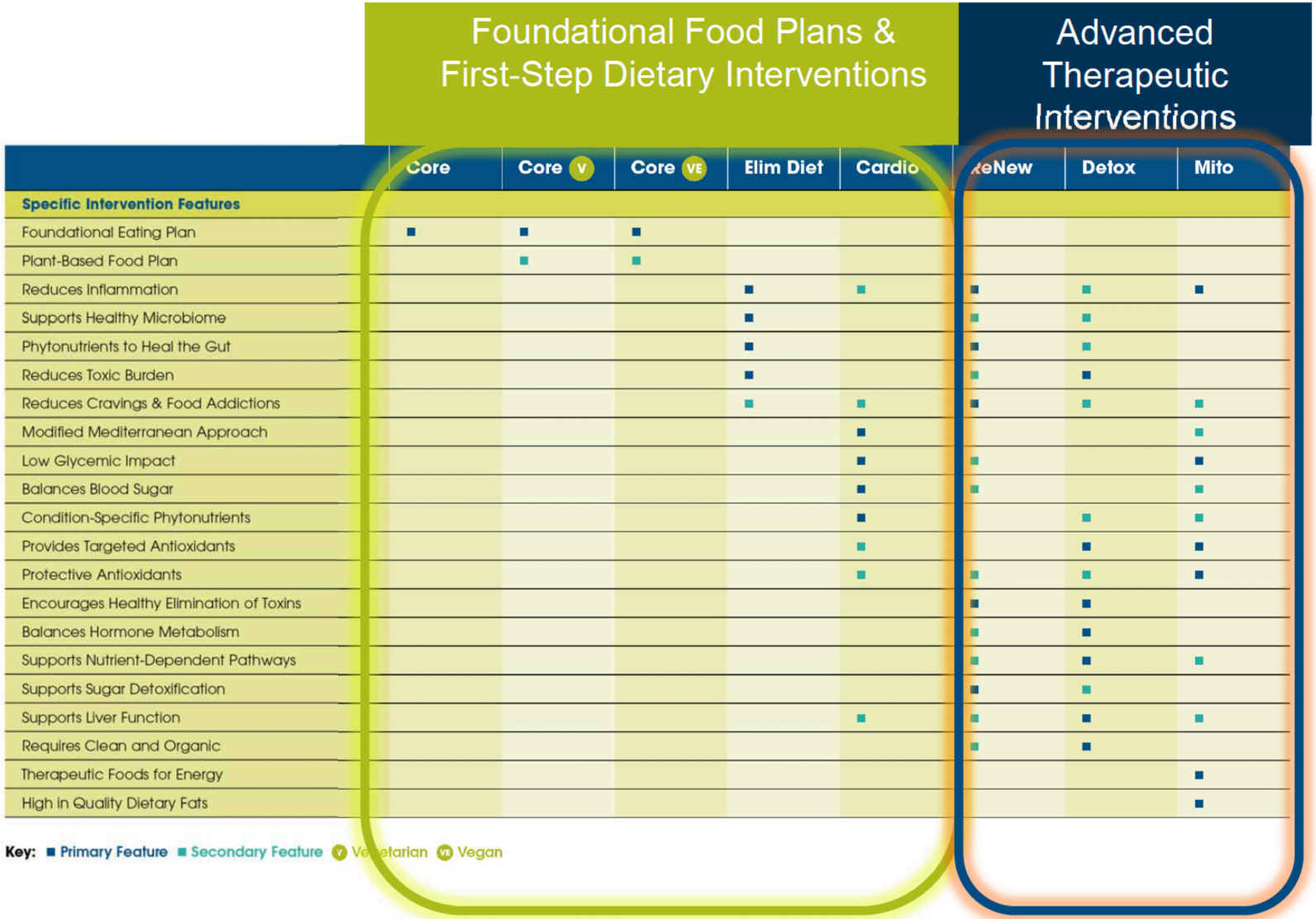

Foundational Food Plans & First-Step Dietary Interventions
Advanced Therapeutic Interventions
Core
Core V
Core VE
Elim Diet
Cardio
ReNew
Detox
Mito
Specific Intervention Features
Foundational Eating Plan
Plant-Based Food Plan
Reduces Inflammation
Supports Healthy Microbiome
Phytonutrients to Heal the Gut
Reduces Toxic Burden
Reduces Cravings & Food Addictions
Modified Mediterranean Approach
Low Glycemic Impact
Balances Blood Sugar
Condition-Specific Phytonutrients
Provides Targeted Antioxidants
Protective Antioxidants
Encourages Healthy Elimination of Toxins
Balances Hormone Metabolism
Supports Nutrient-Dependent Pathways
Supports Sugar Detoxification
Supports Liver Function
Requires Clean and Organic
Therapeutic Foods for Energy
High in Quality Dietary Fats
Key: Primary Feature Secondary Feature V Vegetarian VE Vegan

Macronutrient Distributions for the IFM Food Plans

	Core	Core V	Core VE	Elim Diet	Cardio	Detox	Mito	ReNew
20P/30F/50C			■					
25P/30F/45C	■	■			■			
30P/30F/40C	■			■	■	■	■	
30P/45F/25C								■
20P/60F/20C					■	■	■	
No Calorie Specifications	■	■	■	■		■	■	■

Key: ■ Recommended Option ■ Secondary Option V Vegetarian VE Vegan

Chart found in Personalizing the IFM Therapeutic Food Plans: Practitioner Guide

Fundamental Diets

Core Food Plan: The Core Food Plan is a first step towards healthier eating and is designed to encourage eating in a way that will nourish and energize the body. It is an introduction to the types of foods that provide the macro- and micronutrients needed for a body to function properly. This food plan is ideal for those who are generally healthy and just want to improve their eating choices, or for those who are new to healthy eating and aren't ready yet for a specific therapeutic diet plan.

The Core Food Plan provides a healthy balance of high-quality macronutrients (protein, fats, and carbohydrates) and beneficial micronutrients (minerals, vitamins, and phytonutrients) obtained from phytonutrient-rich fruits and vegetables, to establish a baseline healthy eating plan for anyone interested in improving their diet. It is based on current research on what and how people should eat in order to live long, healthy lives. It takes elements from the Mediterranean diet and the hunter-gatherer approach (sometimes referred to as the "Paleo" diet), and encourages eating low-glycemic carbohydrates.

This food plan can be easily changed to suit personal preferences and health needs. It is available with vegetarian and vegan modifications, and can accommodate foods from virtually any culture. This Practitioner Guide provides tools and information that will make it easy to tailor the food plan based on individual needs. In addition to plan details, this guide answers many questions that might arise when beginning a new food plan.

We call this a "core" food plan because it lays the foundations for healthy eating that will carry an individual throughout life. The CFP uses the basic principles of "food as medicine" to support an individual's health goals and improve his or her relationship with food.

Core Food Plan-Vegan and -Vegetarian: The standard Core Food Plan has two main variations:

- **Core-Vegan:** This variation is appropriate for individuals who do not consume any animal products, and it can be further customized for vegans who choose not to consume soy products. Note that recommended macronutrient distributions are recommended for vegans depending on their soy intake.
- **Core-Vegetarian:** Core-Vegetarian is appropriate for all individuals with dietary needs and preferences that fall in the vegetarian spectrum, including:
  - VL **Lacto-vegetarians:** those who avoid all meat, poultry, fish, and eggs, but consume dairy products.
  - VO **Ovo-vegetarians:** those who avoid all meat, poultry, fish, and dairy, but consume eggs.
  - VOL **Ovo-lacto-vegetarians:** those who avoid all meat, poultry, and fish, but consume eggs and dairy products.
  - P **Pescatarians:** those who add fish to any of the above variations.

Note that the Core Food Plan food lists provide patients with guidelines for healthy eating. Because the Core Food Plan is not a first-step or advanced dietary intervention, no therapeutic foods are highlighted on any of the food lists associated with this plan.

First Step Dietary Interventions

Cardiometabolic Food Plan: The Cardiometabolic Food Plan addresses blood sugar dysfunction, insulin resistance, truncal obesity, dyslipidemia, hypertension, metabolic syndrome, and associated inflammation. It does this by emphasizing therapeutic low-glycemic foods while reducing simple sugars, increasing dietary fiber, and helping people to time meals appropriately. Therapeutic foods are clearly marked in bold blue font on the Cardiometabolic Food Plan food list. This plan can provide targeted calorie amounts, low-carbohydrate macronutrient balance, and directed serving allowances while focusing on ideal serving sizes to prevent overeating, postprandial inflammation, and metabolic distress.

Elimination Diet: The Elimination Diet helps uncover what food(s) may be the culprits in adverse food reactions, whether they are true allergies, intolerances, or sensitivities. Often, symptoms that have failed to respond to conventional medical therapy will resolve by following an elimination diet. After the initial period of eliminating foods, many chronic symptoms should improve or disappear. Many people with food sensitivities don't even realize how awful they feel until the "trigger" foods are removed from the diet. Then, through a guided reintroduction process, individuals can become more aware of trigger foods and the kinds of symptoms they experience when exposed to those foods. If a patient reintroduces trigger foods and still experiences negative symptoms, one of the targeted GI-Specific Dietary Interventions listed below may be the next best course of action.

Because a goal of the Elimination Diet is to eliminate food triggers, only the foods listed on this plan's food list should be consumed. Therapeutic foods are not highlighted on this list. Instead, potentially problematic foods are called to attention so that they may be easily avoided, if necessary. These include fermented foods, high-histamine foods, and nightshades.

Advanced Therapeutic Interventions

Detox Food Plan: The Detox Food Plan reduces intake of common food triggers and focuses on long-term nutritional support of the major body systems involved with detoxification, such as the gut, liver, and kidneys. It places a strong emphasis on eating "clean" foods for life (organic when possible) and on reducing food contact with contaminating elements, such as plastics. The goals of this plan are to create a gut–liver axis of support, lower the burden on the immune system, and provide adequate nourishment. Foods that are scientifically proven to be beneficial for detoxification are highlighted in bold blue font on the Detox Food Plan food list.

GI-Specific Dietary Interventions: GI-Specific dietary interventions are available for people with gastrointestinal complaints who have followed the Elimination Diet but are still experiencing symptoms. In cases like these, further dietary interventions and assessments, may be indicated. These therapeutic diets include an antifungal (anti-Candida) diet, a low-FODMAP diet, a Specific Carbohydrate Diet, a gut and psychology syndrome (GAPS) diet, and a restoration diet. IFM's own ReNew Food Plan is also an option for further dietary intervention. The appropriate approach and when to use it will depend on the signs and symptoms the person is experiencing, as well as functional lab findings.

The unique microbiome of a patient may impact individual responses to the various food plans. A trial and error approach may be needed to find the right combination of foods that provoke the least amount of GI distress and create the preferred feast for healthy gut bacteria.

Mito Food Plan: The Mito Food Plan is an anti-inflammatory, low-glycemic, gluten-free, low-grain, high-quality fats approach to eating. The plan focuses on supporting healthy mitochondria through foods that improve energy production, all of which are listed in bold blue font on the plan's food list. Mitochondria are susceptible to a premature decline in function by a host of common insults that can lead to poor health and chronic illness. Harmful food choices contribute to this decline. The plan supports the body in its production of energy, restores a sense of vitality, promotes healthy aging, and assists in both preventing the development of and treating chronic neurological disease.

The IFM Mito Food Plan has flexible calorie allowances and options for advanced personalization, which are discussed in the Additional Options for Food Plan Personalization section of this guide. If consuming animal products, this plan encourages full-fat organic dairy and grass-fed meats that might have a higher quality fat content. As a result, calories may be higher, and fat servings per day may need to be decreased to control total calories.

ReNew Food Plan: The ReNew Food Plan is a nutritional pathway to health for those who have autoimmune, gastrointestinal, neurological, and other chronic health conditions. An extension of the Elimination Diet, this plan is designed as a "whole systems reboot" to set an individual on a renewed path to wellness. It helps support healing by removing common food triggers that are contributing to metabolic dysfunction, while providing the essential nutrients that are needed for health and vitality. On the ReNew Food Plan, health is supported through the elimination of sugar, dairy, grains (both gluten-containing and gluten-free), alcohol, caffeine, and other processed foods that may contain heavy metals, genetically modified organisms (GMOs), and artificial sweeteners, as well as foods that are high in pro-inflammatory saturated animal fats.

Like the Elimination Diet, the ReNew Food Plan aims to eliminate food triggers, so only the foods listed on this plan's food list should be consumed. Therapeutic foods are not highlighted on this list. Instead, potentially problematic foods are called to attention so that they may be easily avoided, if necessary. These include fermented foods, high-histamine foods, and nightshades.

Foundational and First Step Intervention Considerations

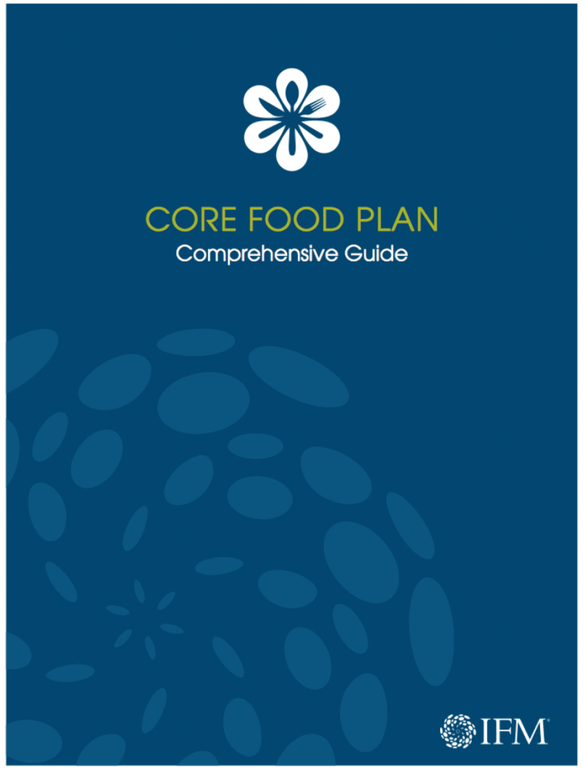
	Core Food Plan	Cardiometabolic	Elimination Diet
Chief Complaint and Medical History	Weight Gain / Weight loss Fatigue	Elevated Blood Sugar Increased Blood Pressure Increased Waist Line Fatigue	GI sxs-bloating, indigestion Joint pain Muscle aches Immune dysregulation Fatigue
Conditions	Non-specific	Obesity Metabolic Syndrome Type 2 Diabetes Essential Hypertension Dyslipidemia	Gastrointestinal • Irritable Bowel Syndrome • Intestinal Permeability Immune/Inflammation • Auto-immune Diseases • Asthma • Atopy &Skin Inflammation • Myalgias and Arthralgias Mood Disorders • Depression

Functional Nutrition Patterns

	Core Food Plan	Cardiometabolic	Elimination Diet
Food Nutrition History	Seeking healthy diet, all ages, athletic, pregnancy, overweight, overweight, underweight.	Metabolic syndrome, Type 2 diabetes, hypertension, dyslipidemia, obesity	Allergies, atopy, asthma, GI distress, pain and fatigue, AI diseases.
Timeline	Seeking healthy diet, all ages, athletic, pregnancy, overweight, overweight, underweight.	Metabolic syndrome, Type 2 diabetes, hypertension, dyslipidemia, obesity	Allergies, atopy, asthma, GI distress, pain and fatigue, AI diseases.
Anthropometrics	Non-specific, low BMI, increased BMI, gynoid obesity, possible imbalances.	Incr: BMI, WC, WHR, fat, blood pressure	Increased BMI, increased ECW/ICW
Biomarkers & Labs	Normal screening values, mild changes – MCV, alb:glob ratio, possible macro/micronutrient deficiencies	Incr: HgbA1C, FBS, insulin, hs-CRP, Trigs Decr: HDL	Incr. IgG or IgE food reactions, celiac, autoantibodies, dysbiosis.
Clinical Indicators from Nutrition Physical Exam	Non-specific	Incr: WC and WHR Skin tags, acanthosis nigricans, peripheral neuropathy.	Dry skin, thin eyebrows, fluid retention, and skin inflammation.
Diet and Lifestyle	Inadequate nutrients, prepackaged and processed foods, fast food, high-sodium foods, grab-and-go (take-out) foods, imbalanced diet, disordered eating, poor food hygiene	Excess simple sugar High CHO intake, GI foods, low protein, excess alcohol, elevated trans fats.	Food triggers, allergy exposures. Excess reliance on one food.
Functional Nutrition Status	Risk for nutrient deficiency, imbalanced macro/micronutrients		

Functional Medicine Patterns

	Core Food Plan	Cardiometabolic	Elimination Diet
Medical History	Seeking Healthy Diet, All Ages, Athletic, Pregnancy, Overweight, Overweight, Underweight.	Metabolic Syndrome, Type 2 Diabetes, Hypertension, Dyslipidemia, Obesity	Allergies, Atopy, Asthma, GI Distress, Pain and Fatigue, AI Diseases.
ATMs (Antecedents, Triggers, and Mediators)		Family History, T2DM, CVD, HTN, Obesity, Sedentary Lifestyle, Sleep Disorder (inadequate sleep and Sleep apnea)	Antibiotics, Multiple infections, Trauma, Stress, Familial allergies, Mother with Group B strep, Acid Blocking Medication, Maternal use of PPI during pregnancy
Matrix Patterns	Non-specific	Structural Integrity Transport Defend and Repair/Communication	Assimilation Biotransformation Communication/Defense and Repair



Taking the First Steps towards improved health of our patients!

- Inflammatory elements
- Inconsistent behaviors
- Imbalanced fats
- High Glycemic Impact

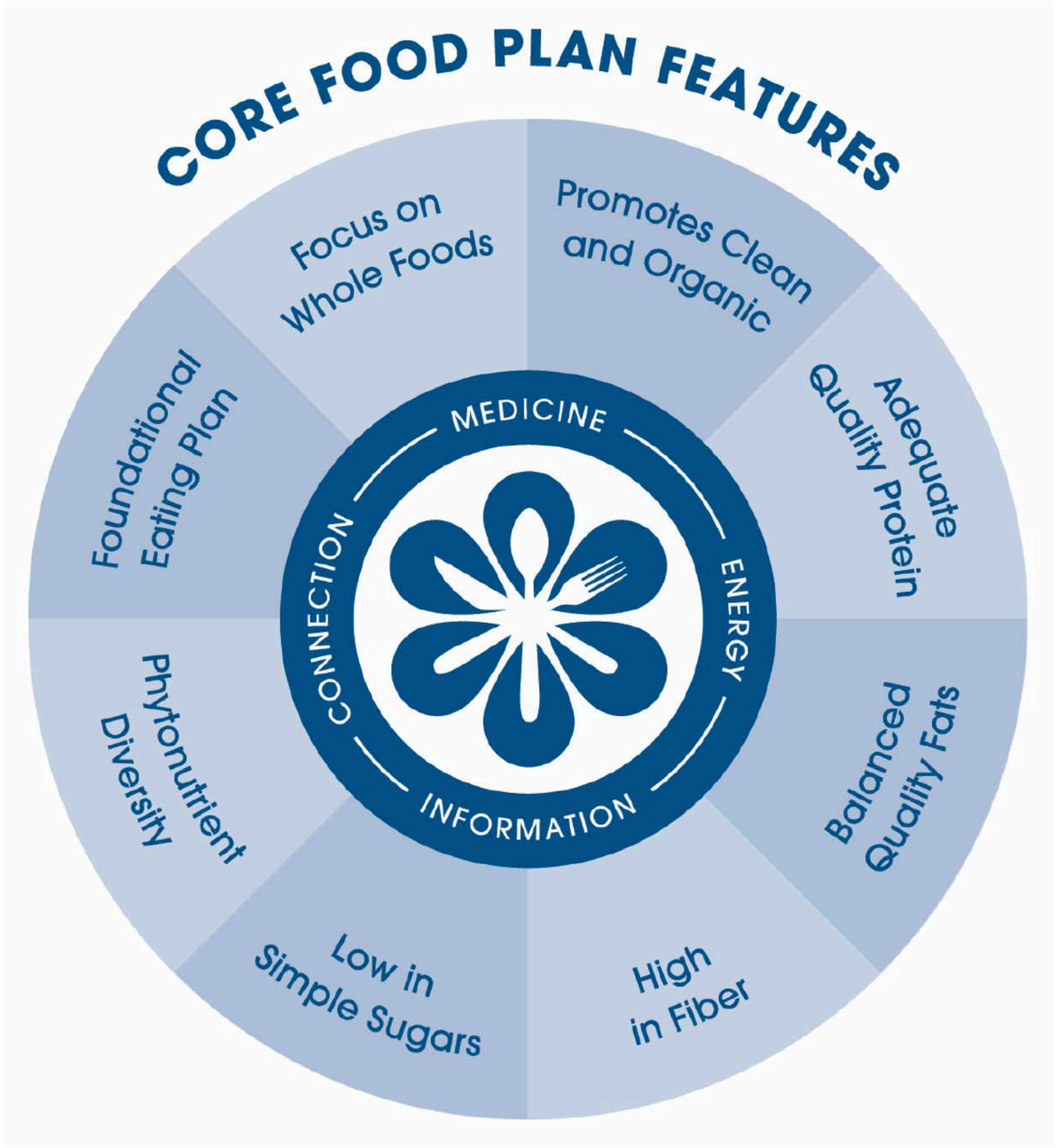
Standard American Diet

Core Food Plan

- Healthy foods
- Phytonutrient dense
- Balanced dietary choices

Transition Diet

IFM


CORE FOOD PLAN FEATURES
Focus on Whole Foods
Promotes Clean and Organic
Foundational Eating Plan
Adequate Quality Protein
MEDICINE
CONNECTION
ENERGY
INFORMATION
Phytonutrient Diversity
Balanced Quality Fats
Low in Simple Sugars
High in Fiber

Why the Core Food Plan?

The Core Food Plan (CFP) is designed for those who are interested in:

- **Core principles of healthy eating**
- **Health maintenance**
- **Disease prevention**
- **Awareness of one's relationship with food**

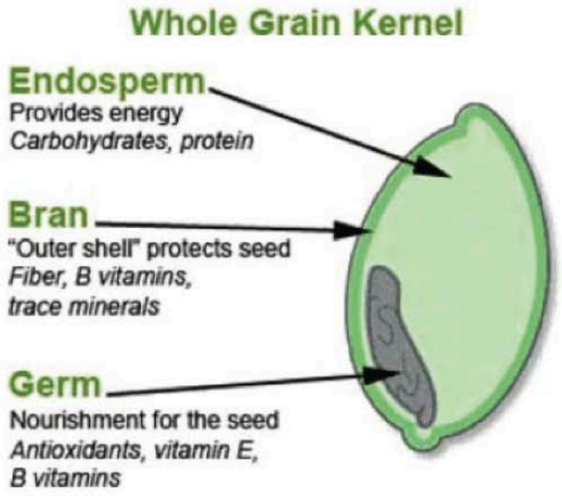
The CFP is a first step on your journey towards healthier eating and is designed to encourage eating in a way that will nourish and energize you. It is based on current research on what and how people should eat to be healthy and live long. It takes elements from the Mediterranean diet and the hunter-gatherer approach (sometimes referred to as "Paleo" diet), focusing on low- glycemic carbohydrates. The food plan can be easily changed to suit personal preferences and health needs. It is available in vegetarian and vegan versions and can accommodate foods from virtually any culture.

In this Comprehensive Guide, you will learn about how this food plan can work for you. You will be provided with answers to questions you may have as you start to follow this food plan.

We call this a "core" food plan because it gives you the foundations for eating that will carry you throughout your life. The CFP uses the basic principles of "food as medicine" to support your health goals and improve your relationship with food.

Grains

Whole grains provide protein, fiber, and a host of essential vitamins and minerals. A true whole grain has had hardly any mechanical processing. As a result, it contains all the nutrient-rich parts of the grain, including the bran, germ, and endosperm. Much of the fiber and protein is removed when a grain is refined, leaving only the endosperm and starch. The starchy part of a grain is what raises blood sugar (i.e., has a higher glycemic index). Some Functional Medicine practitioners find that their patients have fewer symptoms when they go off grains or when they switch to gluten-free grains (like rice, millet, and quinoa). However, the CFP lists all whole grains. If your practitioner tells you which grains to eat, please follow their guidance. Some argue that genetic modification of wheat, corn, and soybeans may affect the health effects of these grains. These claims have yet to be scientifically investigated. We advise that you observe how any of the foods, including grains, included in this plan, make your body feel and whether they give you symptoms.



(diagram source: www.elements4health.com)

The CFP suggests minimizing grains in the daily diet, with no more than 1-2 servings per day for most individuals (unless your practitioner tells you otherwise). The food plan also recommends eating only organically-grown, non-GMO whole grains. You will see that gluten-free grains are listed separately from the gluten-containing grains so that those who want to limit or avoid gluten can do so.

Core Food Plan

PROTEINS *Proteins*

Servings/day_____

Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred.

Animal Protein:

- ☐ Cheese (hard)–*½ oz*
- ☐ Cheese (low-fat)–*1 oz*
- ☐ Cottage cheese (low-fat)–*¼ c*
- ☐ Feta cheese (low-fat)–*1 oz*
- ☐ Parmesan cheese–*2 T*
- ☐ Ricotta cheese (low-fat)–*¼ c*
- ☐ Egg–*1; or 2 egg whites*
- ☐ Fish/Shellfish–*1 oz*
- ☐ Meat: Beef, buffalo, elk, lamb, venison, other wild game–*1 oz*
- ☐ Poultry (skinless): Chicken, Cornish hen, duck, pheasant, turkey, etc.–*1 oz*

Plant Protein:

- ☐ Mung bean/ Edamame pasta–*1 oz*
- ☐ Natto–*1 oz*
- ☐ Nutritional yeast–*2 T*
- ☐ Spirulina–*2 T*
- ☐ Tempeh–*1 oz*
- ☐ Tofu (firm/extra firm)–*1½-2 oz*
- ☐ Tofu (soft/silken)–*3 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 (size of palm of hand).

LEGUMES *Proteins/Carbs*

Servings/day_____

Organic, non-GMO preferred

- ☐ 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*
- ☐ Refried beans, vegetarian–*½ c*
- ☐ Veggie burger (non-GMO)–*1 patty*

1 serving = 90–110 calories, 3–7

DAIRY & ALTERNATIVE

Servings/day_____

Unsweetened, organic pre

Dairy:

- ☐ Kefir (plain)–*6-8 oz*
- ☐ Milk: Cow, goat–*8 oz*
- ☐ Yogurt, Greek (plain)–*6 oz*

1 dairy serving = 90–150 calories

1 dairy alternative serving = 25

1–4 g carbs (nutritional values

NUTS & SEEDS

Servings/day_____

Unsweetened, unsalted, o

- ☐ Almonds–*6*
- ☐ Brazil nuts–*2*
- ☐ Cashews–*6*
- ☐ Chia seeds–*1 T*
- ☐ Coconut (dried)–*3 T*
- ☐ Flaxseed (ground)–*2 T*
- ☐ Hazelnuts–*5*
- ☐ Hemp seed–*1 T*
- ☐ Macadamias–*2-3*
- ☐ Nut and seed

1 serving = 45 calories, 5 g fat

FATS & OILS *Fats*

VEGETABLES Non-starchy *Carbs*

Servings/day_____

- ☐ Artichoke
- ☐ Arugula
- ☐ Asparagus
- ☐ Bamboo shoots
- ☐ Beets (cubed)
- ☐ Bok choy
- ☐ Broccoflower
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celeriac root
- ☐ Celery
- ☐ Chard/Swiss chard
- ☐ Chervil
- ☐ Chives
- ☐ Cilantro
- ☐ Cucumbers
- ☐ Daikon radishes
- ☐ Eggplant
- ☐ Endive
- ☐ Escarole
- ☐ Fennel
- ☐ Fermented vegetables: Kimchi, pickles, sauerkraut, etc.
- ☐ Garlic
- ☐ Green beans
- ☐ Greens: Beet, collard, dandelion, kale, mustard, turnip, etc.
- ☐ 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, etc.
- ☐ Tomato
- ☐ Tomato juice–*¾ c*
- ☐ Turnips
- ☐ Vegetable juice–*¾ c*
- ☐ Water chestnuts
- ☐ Watercress

1 serving = ½ c, 1 c raw greens = 25 calories, 5 g carbs

Organic, non-GMO fruits, vegetables, herbs and spices preferred

VEGETABLES Starchy *Carbs*

Servings/day_____

- ☐ Acorn squash (cubed)–*1 c*
- ☐ Butternut squash (cubed)–*1 c*
- ☐ Plantain– *⅓ c or ½ whole*
- ☐ Potato: Purple, red, sweet, yellow–*½ med*
- ☐ Potatoes (mashed)–*½ c*
- ☐ Root vegetables: Parsnip, rutabaga–*½ c*
- ☐ Yam–*½ med*

1 serving = 80 calories, 15 g carbs

FRUITS *Carbs*

Servings/day_____

Unsweetened, no sugar added

- ☐ Apple–*1 sm*
- ☐ Applesauce–*½ c*
- ☐ Apricots–*4*
- ☐ Banana–*½ med*
- ☐ Blackberries–*¾ c*
- ☐ Blueberries–*¾ c*
- ☐ Cherries–*12*
- ☐ Cranberries–*¾ c*
- ☐ Dates or figs–*3*
- ☐ Dried fruit–*2 T*
- ☐ Grapefruit–*½*
- ☐ Grapes–*15*
- ☐ Goji berries (dried)–*2 T*
- ☐ Kiwi–*1 med*
- ☐ Mango–*½ sm*
- ☐ Melon, all–*1 c*
- ☐ Nectarine–*1 sm*
- ☐ Orange–*1 sm*
- ☐ Papaya–*1 c*
- ☐ Peach–*1 sm*
- ☐ Pear–*1 sm*
- ☐ Persimmon–*½*
- ☐ Pineapple–*¾ c*
- ☐ Plums–*2 sm*
- ☐ Pomegranate seeds–*½ c*
- ☐ Prunes–*3 med*
- ☐ Raisins–*2 T*
- ☐ Raspberries–*1 c*
- ☐ Strawberries–*1¼ c*
- ☐ Tangerines–*2 sm*

1 serving = 60 calories, 15 g carbs

WHOLE GRAINS (100%) *Carbs*

Servings/day_____

Unsweetened, sprouted, organic preferred

Gluten Free:

- ☐ Amaranth–*⅓ c*
- ☐ Buckwheat/ kasha–*½ c*
- ☐ Grits: Corn, soy–*½ c*
- ☐ Millet–*½ c*
- ☐ Oats: Rolled, steel-cut–*½ c*
- ☐ Quinoa– *½ c*
- ☐ Rice: Basmati, black, brown, purple, red, wild–*⅓ c*
- ☐ Sorghum–*⅛ c*
- ☐ Teff–*¼ c*

All grain servings are for cooked amounts.

Gluten Containing:

- ☐ Barley–*⅓ c*
- ☐ Bulgur–*½ c*
- ☐ Cereal, whole wheat–*½ c*
- ☐ Couscous–*⅓ c*
- ☐ Crackers, rye–*4-7*
- ☐ Kamut–*½ c*
- ☐ Spelt–*½ c*

Individual portions:

- ☐ Bread–*1 slice*
- ☐ Granola (homemade)–*3 T*
- ☐ Muesli–*½ c*
- ☐ Pasta–*½ c*
- ☐ Pita–*½*
- ☐ Tortilla–*1, 6 in*

1 serving = 75–110 calories, 15 g carbs

BEVERAGES, SPICES & CONDIMENTS

Unsweetened, no sugar added

- ☐ Filtered water
- ☐ Sparkling/mineral water
- ☐ Fresh juiced fruits/ vegetables
- ☐ Coconut water
- ☐ Coffee
- ☐ Tea: Black, green, herbal, etc.
- ☐ Herbs and Spices, all
- ☐ Condiments: Lemon/lime juice, miso, mustard, tamari, vinegars, etc.–*use sparingly, suggest 1 T or less per serving*

Version 11

IFM

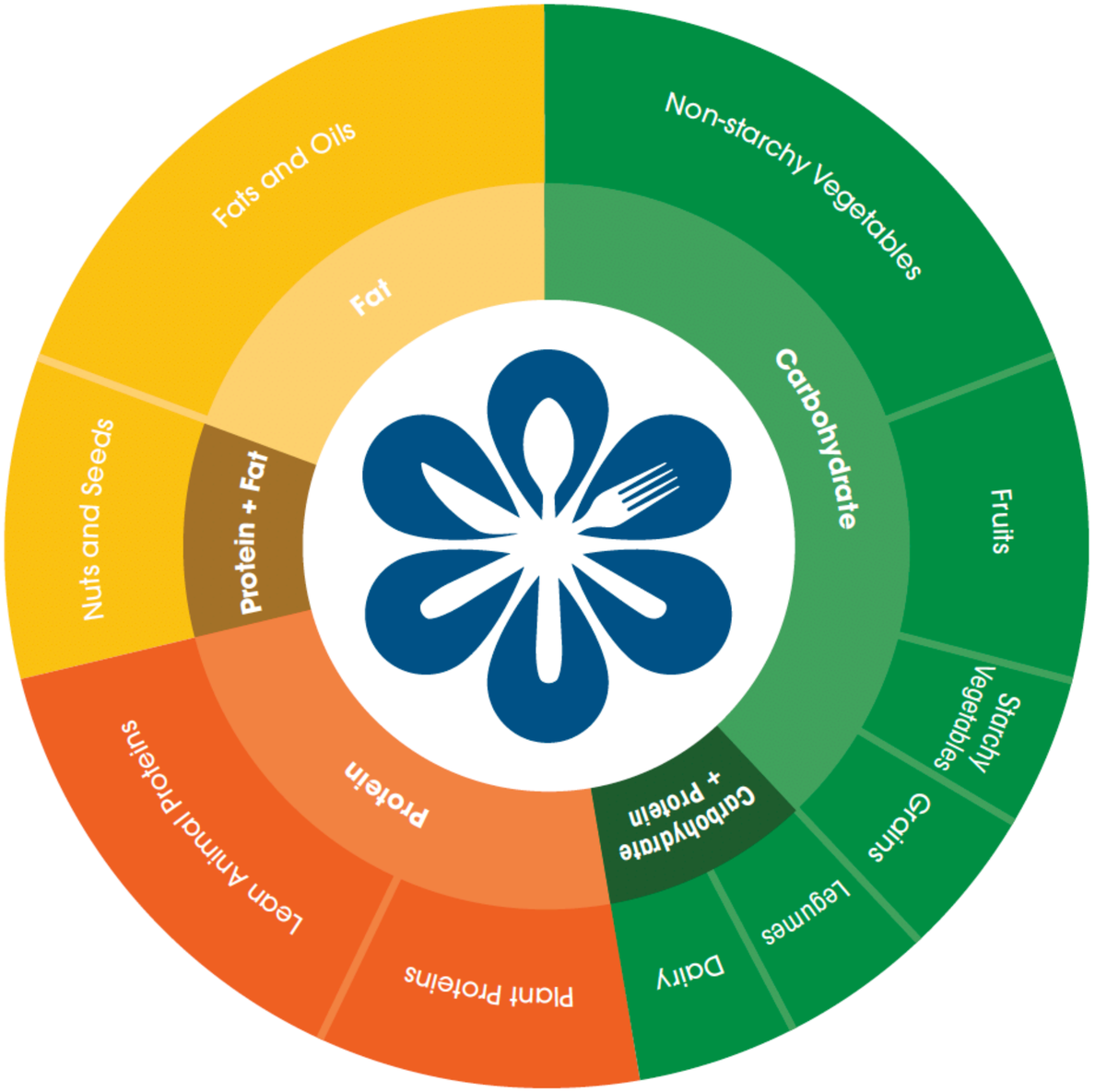
Core Food Plan

(25P/30F/45C)

Calories	1000–1200	1200–1400	1400–1800	1800–2200	2200–2500
Calorie Guidelines for Females	Reduced	Mildly Reduced	Standard	Active	
Calorie Guidelines for Males		Reduced	Mildly Reduced	Standard	Active
Proteins	5	5–6	6–7	7–8	8–9
Legumes	1	1	1–2	2–3	3
Dairy/Alternatives	0–2	2	2–3	3	3
Nuts & Seeds	2	2	2–3	3–5	5–6
Fats & Oils	2	2–3	3–4	4–5	5
Vegetables, non-starchy	7	7–8	8–10	10	10–11
Vegetables, starchy	1	1	1	1–2	2–3
Fruit	2	2	2	2–3	3
Grains	1	1–2	2	2	2–3

Chart found in Personalizing the IFM Therapeutic Food Plans: Practitioner Guide

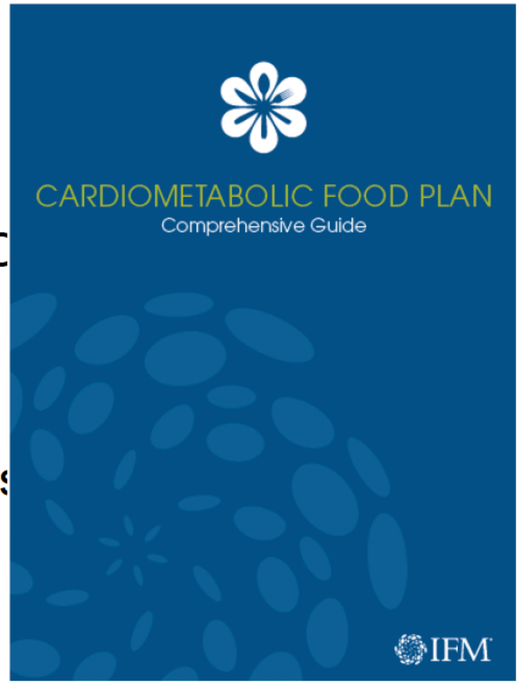
25P/30F/45C Macronutrient Distribution—Standard



What is the Cardio Food Plan?

The Cardio Food Plan prescribed by a Functional Medicine practitioner is appropriate for use as a long-term lifestyle plan. This plan is designed for individuals with:

- ✓ Risk factors for cardiovascular disease (CVD)
- ✓ Risk factors for dysfunctional metabolic conditions such as metabolic syndrome, type 2 diabetes (T2D or both
- ✓ CVD (e.g., high blood pressure, high cholesterol, and elevated blood fats)
- ✓ Metabolic syndrome (e.g., high blood sugar, increas belly fat)
- ✓ T2D



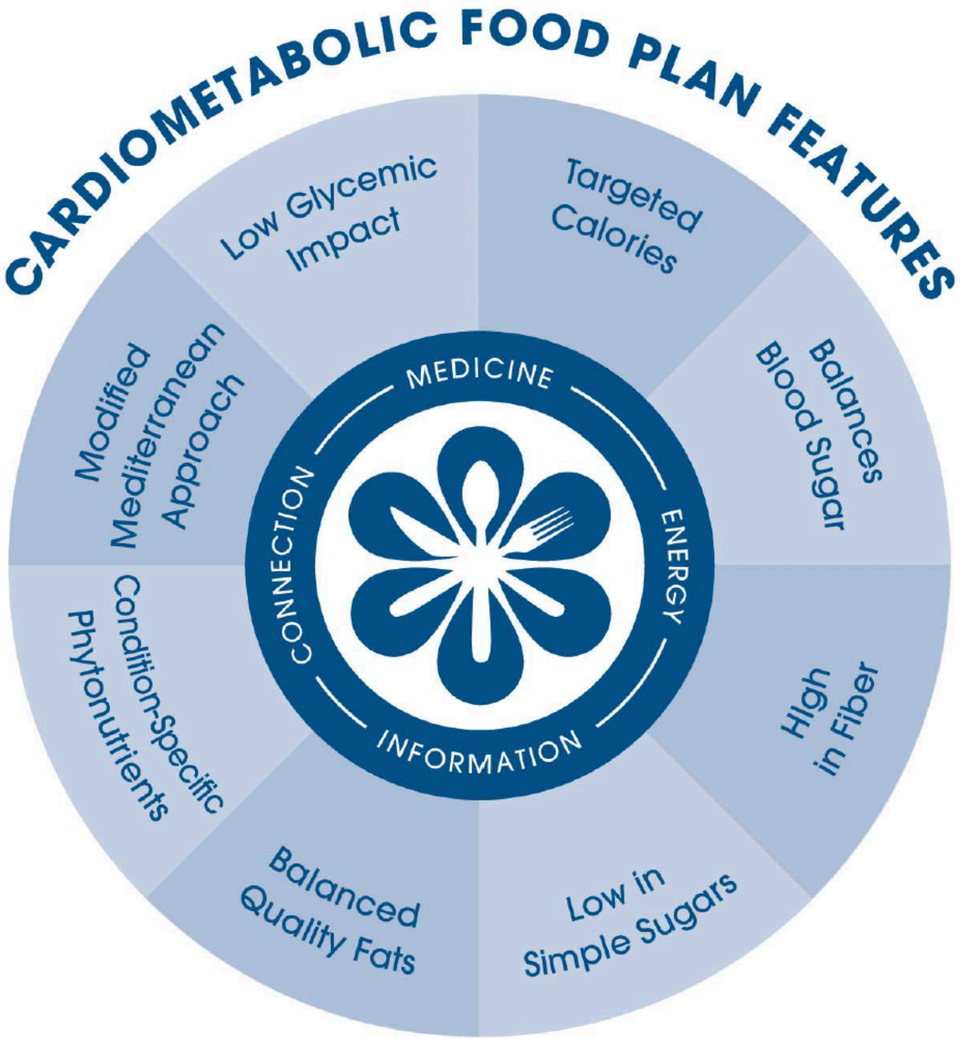
Why the Cardiometabolic Food Plan?

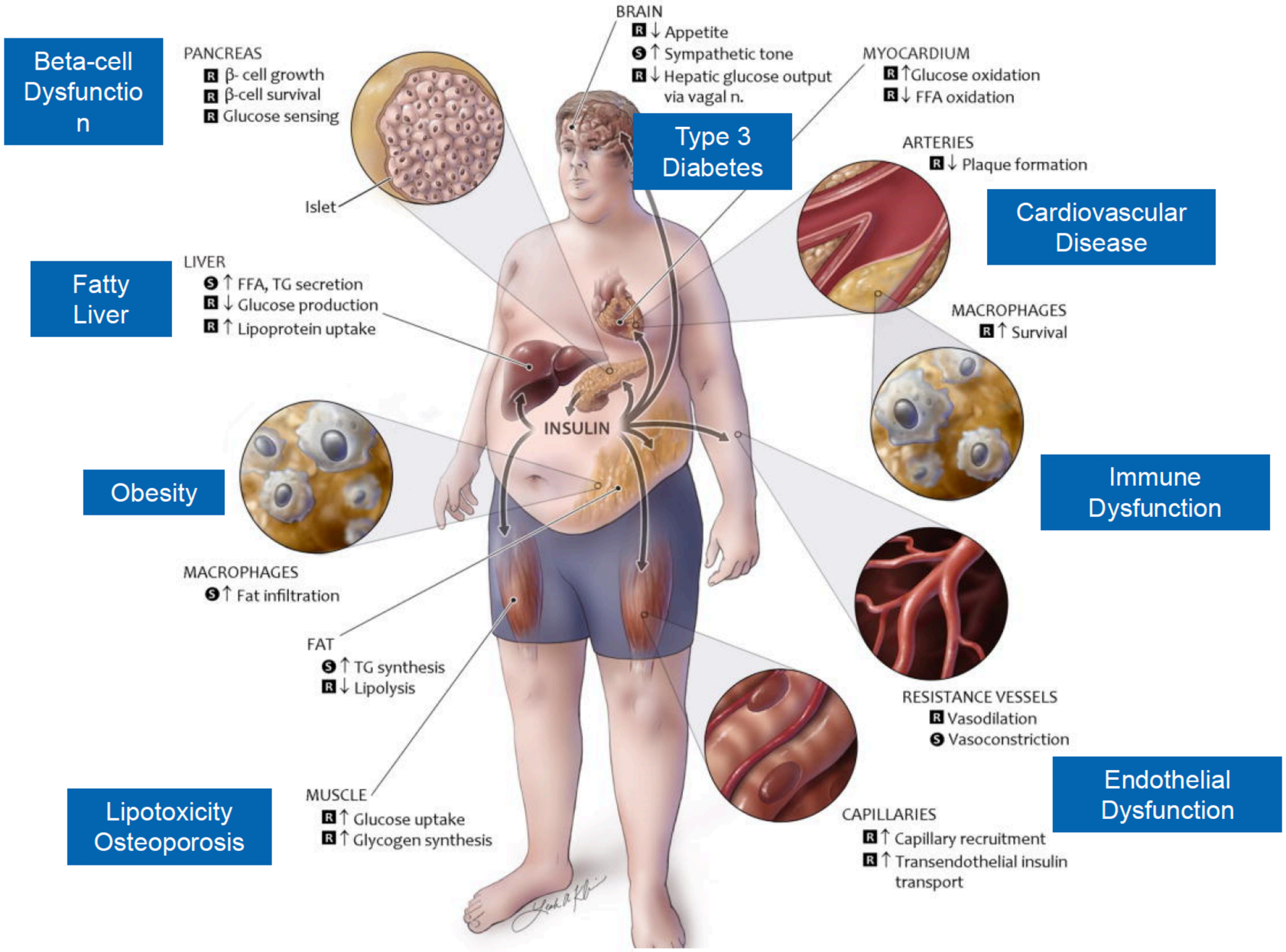
The Cardiometabolic Food Plan is designed for the following individuals:

- **Those with risk factors for cardiovascular disease (CVD)**
- **Those with risk factors for dysfunctional metabolic conditions such as metabolic syndrome, type 2 diabetes (T2D), or both**
- **Those with CVD (e.g., high blood pressure, high cholesterol, and elevated blood fats)**
- **Those with metabolic syndrome (e.g., high blood sugar, increased belly fat)**
- **Those with T2D**

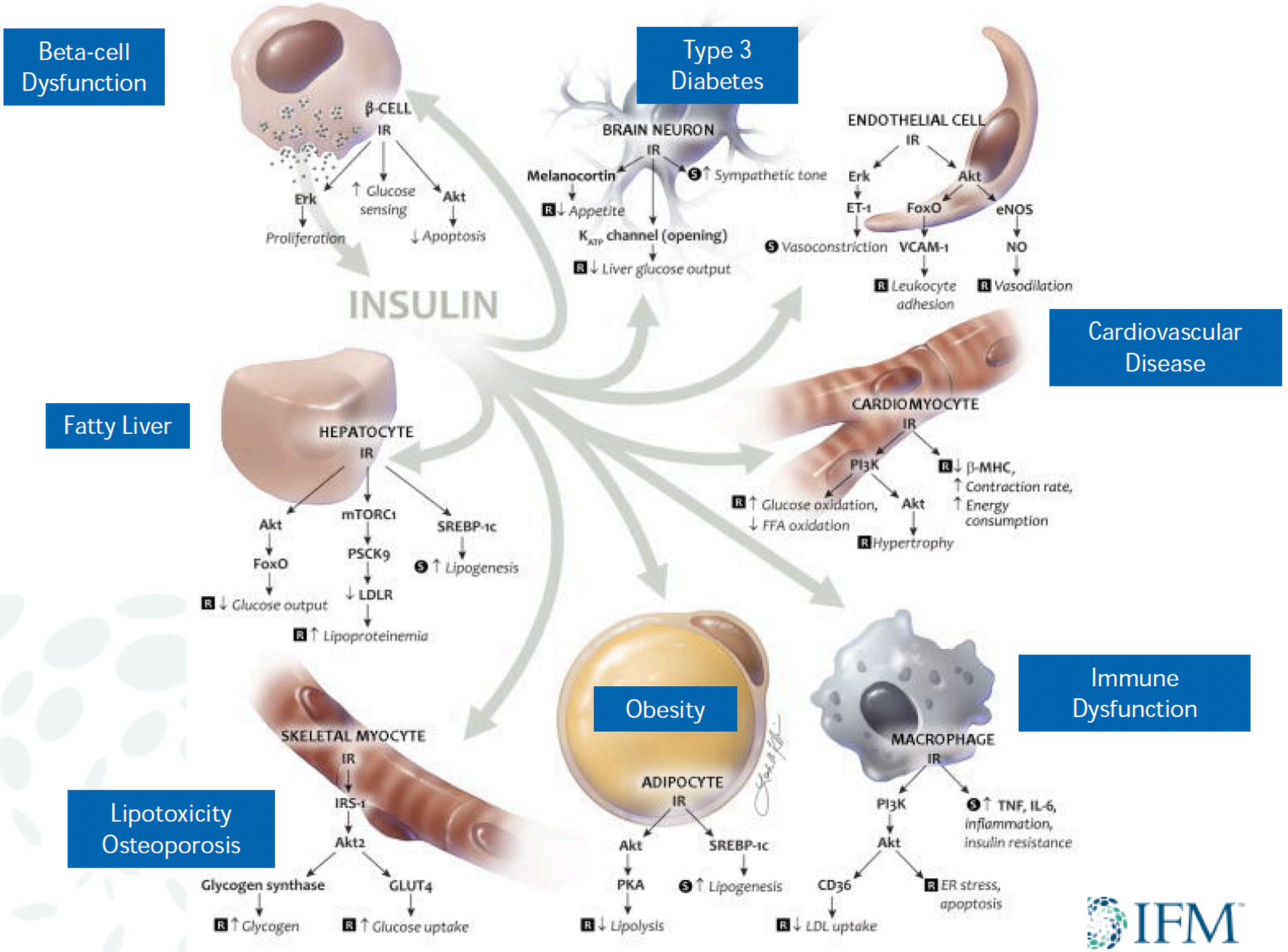
Fortunately, diet and lifestyle interventions are effective in preventing and treating all of these conditions. This Comprehensive Guide explains what makes this food plan unique for the individual. It also provides answers to common questions people may have as they start to follow the plan.

Some people may question why the same food plan is suggested to treat both cardiovascular and metabolic diseases. While they may seem to be different types of conditions, cardiovascular and metabolic dysfunctions share similar causes, including inflammation, insulin resistance, and stress. This food plan is called "cardiometabolic" because it addresses both disease states. It allows people to use food medicinally to treat the common underlying causes.


CARDIOMETABOLIC FOOD PLAN FEATURES
Low Glycemic Impact
Targeted Calories
Balances Blood Sugar
High in Fiber
Low in Simple Sugars
Balanced Quality Fats
Condition-Specific Phytonutrients
Modified Mediterranean Approach
MEDICINE
ENERGY
INFORMATION
CONNECTION



Arteriosclerosis Thromb Vasc Biol. 2012 September; 32(9): 2052–



Arterioscler Thromb Vasc Biol. 2012 September; 32(9): 2052–2059.

Condition-Specific Therapeutic Considerations

If there is...	Reduce these foods	Increase these foods
High Blood Pressure	▪ Sodium (limit to 2,000 milligrams—about 1 teaspoon per day) ▪ Processed foods (packaged, canned) and frozen meals ▪ Fast foods ▪ Soft drinks ▪ Added sweeteners ▪ Caffeinated beverages ▪ Alcohol ▪ Use of oils in high-heat cooking	**Proteins:** ▪ Soy (fermented) 30 grams daily: natto, tofu, tempeh, miso ▪ Hydrolyzed whey (30 grams daily) ▪ Legumes (vegetable protein) ▪ Cold water fish: sardines, herring, haddock, salmon, or trout ▪ Foods high in L-arginine: lentils, hazelnuts, walnuts, peanuts ▪ Mixed nuts (unsalted) ▪ Cocoa (30 grams dark chocolate per day, or about 1 square of baker's chocolate) **Vegetables and Fruit:** ▪ Blueberries ▪ Seaweed (hijiki and wakame), 3 to 4 grams per day ▪ Garlic, 1-4 fresh cloves/day ▪ Mushrooms, ½ cup shitake, maitake ▪ Celery, 4 stalks/day ▪ Foods high in lycopene: tomatoes, guava, watermelon, apricots, pink grapefruit, papaya ▪ Pomegranate juice **Fats and Oils:** ▪ Olive, flaxseed, and sesame oils **Carbohydrates:** ▪ Increase complex carbohydrates ▪ Increase high-fiber whole grains: oatmeal, oatbran, barley, wheat ▪ Fiber: psyllium 7gm
Metabolic Syndrome	▪ Sucrose and fructose ▪ Processed foods ▪ Refined carbohydrates like white-flour breads and pasta ▪ Fast foods ▪ Saturated animal fat ▪ Over-cooked foods (e.g., meats) ▪ Food or drink in plastic containers ▪ Large meals (aim for smaller meals) ▪ Eggs (less than one per day if blood sugar is elevated) ▪ Fruit juices	▪ Extra-virgin olive oil ▪ Cinnamon ▪ Green tea ▪ Mixed nuts (unsalted) ▪ Omega-3 fat sources from food and supplement sources (2 to 4 grams per day, especially in the case of high blood triglycerides) ▪ Fiber sources such as whole grains and legumes

Condition-Specific Therapeutic Considerations

If there is...	Reduce these foods	Increase these foods
Dyslipidemia	▪ Sucrose ▪ Processed foods ▪ Fast foods ▪ Refined carbohydrates ▪ Trans fats (found in processed foods) ▪ High amounts of saturated fats (e.g., cream, full-fat cheeses, fatty meat) ▪ Margarine	▪ Fish ▪ Green leafy vegetables ▪ Low-glycemic index fruits ▪ Tomatoes ▪ Extra-virgin olive oil (about 5 TBSP per day) ▪ Green tea ▪ Soybeans (e.g., soymilk, tofu, tempeh) ▪ Dark chocolate ▪ Pomegranate ▪ Seeds and nuts (especially sesame) ▪ Red wine (check with a healthcare practitioner) ▪ Garlic (1 to 2 cloves per day) ▪ Rice bran oil

Cardiometabolic Food Plan

PROTEINS *Proteins*

Servings/day_____

Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred.

Animal Proteins:
- ☐ Cheese (low-fat)–*1 oz*
- ☐ Cheese (hard)–*½ oz*
- ☐ Cottage cheese (low-fat)–*¼ c*
- ☐ Feta cheese (low-fat)–*1 oz*
- ☐ Parmesan cheese–*2 T*
- ☐ Ricotta cheese (low-fat)–*¼ c*
- ☐ Egg–*1; or 2 egg whites*
- ☐ **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, duck, pheasant, turkey, etc.–*1 oz*

Plant Protein:
- ☐ **Natto**–*1 oz*
- ☐ Spirulina–*2 T*
- ☐ **Tempeh**–*1 oz*
- ☐ **Tofu** (firm/extra firm)–*1.5-2 oz*
- ☐ **Tofu** (soft/silken)–*3 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 (size of palm of hand).

LEGUMES *Proteins/Carbs*

Servings/day_____

Organic, non-GMO preferred

- ☐ 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*
- ☐ Refried beans, vegetarian–*¼ c*

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

DAIRY & ALTERNATIVES *Proteins/Carbs*

Servings/day_____

Unsweetened, organic preferred

Dairy:
- ☐ Milk: Cow, goat–*8 oz*
- ☐ **Kefir** (plain)–*6-8 o*
- ☐ **Yogurt, Greek** (plain)–*6 oz*

Dairy Alternatives:
- ☐ Milk: Almond, coconut, flaxseed, hazelnut, hemp, oa
- **soy**–*8 oz*
- ☐ **Yogurt,** coconut or **soy** (cultured)–*4-6*

1 dairy serving = 90–150 calories, 7–8 g protein, 12 g carb
1 dairy alternative serving = 25–90 calories, 1–9 g prote
1–4 g carbs (nutritional values vary)

Low Glycemic Impact Recommendations
Limit to 1–2 servings per day

NUTS & SEEDS *Proteins/Fats*

Servings/day_____

Unsweetened, unsalted, organic preferred

- ☐ **Almonds**–*6*
- ☐ **Brazil nuts**–*2*
- ☐ **Cashews**–*6*
- ☐ **Chia seeds**–*1 T*
- ☐ Coconut (dried) flakes–*3 T*
- ☐ **Flaxseed (ground)**–*2T*
- ☐ **Hazelnuts**–*5*
- ☐ **Hemp seeds**–*1 T*
- ☐ Macadamias–*2-3*
- ☐ **Nut and seed butters**–*½ T*
- ☐ Peanuts–*10*
- ☐ **Pecan halves**–*4*
- ☐ Pine nuts–*1 T*
- ☐ **Pistachios**–*16*
- ☐ Pumpkin seeds–*1*
- ☐ Sesame seeds–*1 T*
- ☐ **Soy nuts**–*2 T*
- ☐ Sunflower seeds–*1*
- ☐ **Walnut halves**–*4*

1 serving = 45 calories, 4 g fat

FATS & OILS *Fats*

VEGETABLES Non-starchy *Carbs*

Servings/day_____

- ☐ **Artichoke**
- ☐ Arugula
- ☐ Asparagus
- ☐ Bamboo shoots
- ☐ **Beets (cubed)**
- ☐ 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**
- ☐ Fermented vegetables: Kimchi, pickles, sauerkraut, etc.
- ☐ **Garlic**
- ☐ Green beans
- ☐ **Greens: Beet, collard, dandelion, kale, mustard, turnip, etc.**
- ☐ 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, etc.
- ☐ **Tomato**
- ☐ Tomato juice–*¾ c*
- ☐ Turnips
- ☐ Vegetable juice–*¾ c*
- ☐ Water chestnuts
- ☐ **Watercress**

1 serving = ½ c, 1 c raw greens = 25 calories, 5 g carbs

Organic, non-GMO fruits, vegetables, herbs and spices preferred

VEGETABLES Starchy *Carbs*

Servings/day_____

- ☐ Acorn squash (cubed)–*1 c*
- ☐ Butternut squash (cubed)–*1 c*
- ☐ Plantain– *⅓ c or ½ whole*
- ☐ Potato: Purple, red, sweet, yellow–*½ med*
- ☐ Potatoes (mashed)–*½ c*
- ☐ Root vegetables: parsnip, rutabaga–*½ c*
- ☐ am–*½ 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_____

Unsweetened, no sugar added

- ☐ Apple–*1 sm*
- ☐ Applesauce–*½ c*
- ☐ Apricots–*4*
- ☐ Banana–*½ med*
- ☐ Blackberries–*¾ c*
- ☐ **Blueberries**–*¾ c*
- ☐ Cherries–*12*
- ☐ Grapefruit–*½*
- ☐ Grapes–*15*
- ☐ Kiwi–*1 med*
- ☐ Mango–*½ sm*
- ☐ Melon, all–*1 c*
- ☐ Nectarine–*1 sm*
- ☐ Orange–*1 sm*
- ☐ Papaya–*1 c*
- ☐ Peach–*1*
- ☐ Pear–*1 sm*
- ☐ Persimmon–*½*
- ☐ Pineapple–*¾ c*
- ☐ Plums–*2 sm*
- ☐ **Pomegranate seeds**–*½ c*
- ☐ Raspberries–*1 c*
- ☐ Strawberries–*1¼ 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_____

Unsweetened, sprouted and organic preferred

Gluten-Free:
- ☐ Amaranth–*⅓ c*
- ☐ Buckwheat/ kasha–*½ c*
- ☐ Millet– *½ c*
- ☐ **Oats** (rolled, steel-cut)–*½ c*
- ☐ Quinoa– *½ c*
- ☐ Rice: Basmati, black, brown, purple, red, wild–*½ c*
- ☐ Sorghum–*½ c*
- ☐ Teff–*¾ c*

All grain servings are for cooked amounts

Gluten Containing:
- ☐ **Barley**–*½ c*
- ☐ Bulgur–*½ c*
- ☐ Cereal, whole wheat–*½ c*
- ☐ Couscous–*½ c*
- ☐ Crackers, rye–*4-7*
- ☐ Kamut–*½ c*
- ☐ Semolina– *½ c*
- ☐ Spelt–*½ c*

Individual portions:
- ☐ Bread–*1 sl*
- ☐ Muesli–*½ c*
- ☐ Pasta–*½ c*
- ☐ Pita–*½*
- ☐ Tortilla–*1, 6 in*

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

BEVERAGES, SPICES & CONDIMENTS

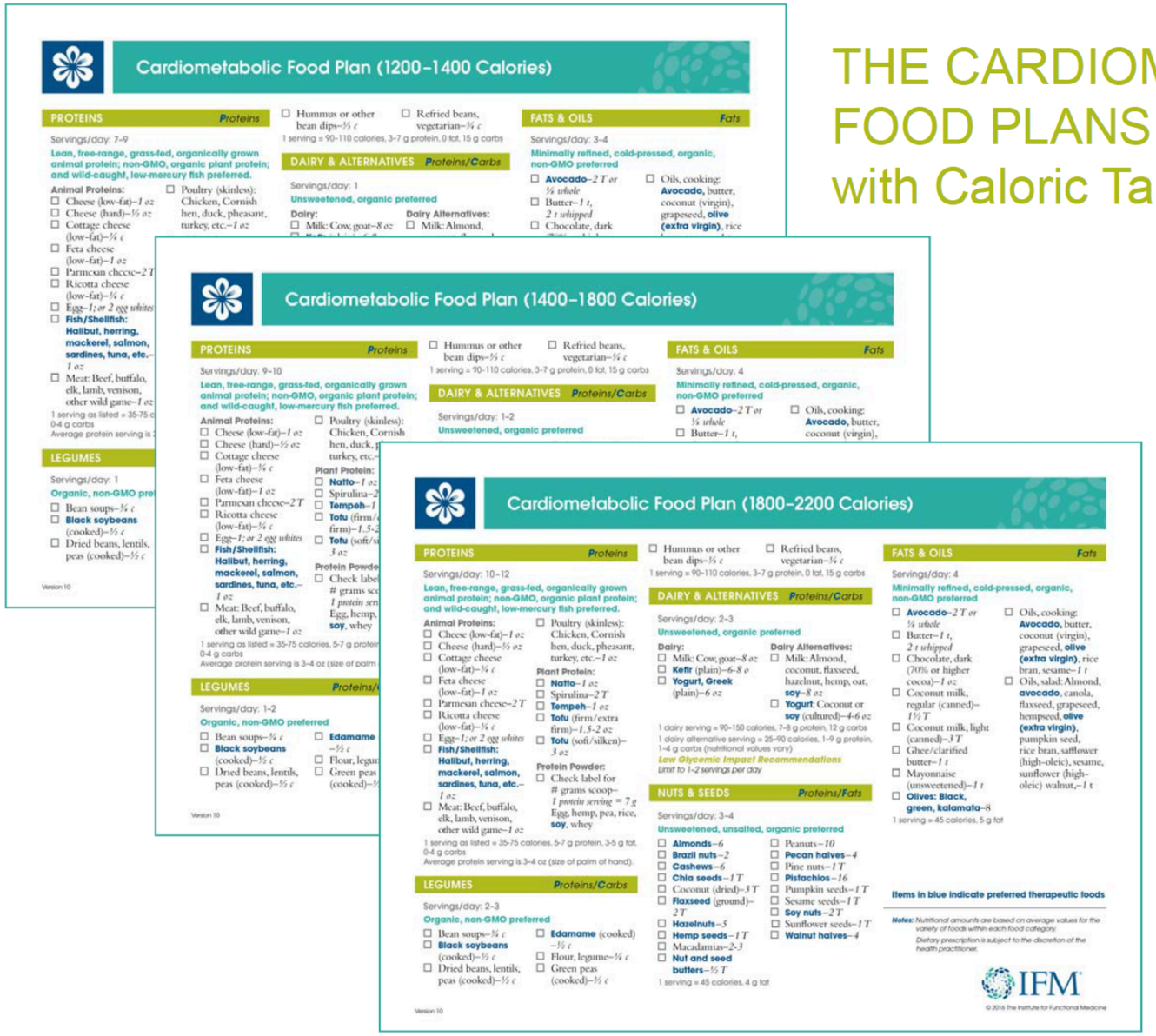
Unsweetened, no sugar added

- ☐ Beetroot juice
- ☐ Filtered water
- ☐ Sparkling/mineral water
- ☐ Green tea
- ☐ Low-sodium vegetable juice
- ☐ Herbs and Spices: Cayenne, cinnamon, garlic, oregano, etc.
- ☐ Condiments: Lemon/lime juice, miso, mustard, tamari, vinegars, etc.–*use sparingly, suggest 1 T or less per serving*

Version 14

IFM

THE CARDIOMETABOLIC FOOD PLANS with Caloric Targets



Cardiometabolic Food Plan (1200–1400 Calories)

PROTEINS *Proteins*

Servings/day: 7–9

Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred.

Animal Proteins:

- ☐ Cheese (low-fat)–*1 oz*
- ☐ Cheese (hard)–*½ oz*
- ☐ Cottage cheese (low-fat)–*¼ c*
- ☐ Feta cheese (low-fat)–*1 oz*
- ☐ Parmesan cheese–*2 T*
- ☐ Ricotta cheese (low-fat)–*¼ c*
- ☐ Egg–*1; or 2 egg whites*
- ☐ **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, duck, pheasant, turkey, etc.–*1 oz*

1 serving as listed = 35-75 c
0-4 g carbs
Average protein serving is

LEGUMES

Servings/day: 1

Organic, non-GMO pre

- ☐ Bean soups–*¾ c*
- ☐ **Black soybeans** (cooked)–*½ c*
- ☐ Dried beans, lentils, peas (cooked)–*½ c*
- ☐ Hummus or other bean dips–*½ c*
- ☐ Refried beans, vegetarian–*¾ 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*

Dairy Alternatives:

- ☐ Milk: Almond,

FATS & OILS *Fats*

Servings/day: 3–4

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

- ☐ **Avocado**–*2 T or ⅛ whole*
- ☐ Butter–*1 t, 2 t whipped*
- ☐ Chocolate, dark
- ☐ Oils, cooking: **Avocado,** butter, coconut (virgin), grapeseed, **olive (extra virgin),** rice

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Cardiometabolic Food Plan (1400–1800 Calories)

PROTEINS *Proteins*

Servings/day: 9–10

Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred.

Animal Proteins:

- ☐ Cheese (low-fat)–*1 oz*
- ☐ Cheese (hard)–*½ oz*
- ☐ Cottage cheese (low-fat)–*¼ c*
- ☐ Feta cheese (low-fat)–*1 oz*
- ☐ Parmesan cheese–*2 T*
- ☐ Ricotta cheese (low-fat)–*¼ c*
- ☐ Egg–*1; or 2 egg whites*
- ☐ **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, duck, p turkey, etc.–

Plant Protein:

- ☐ **Natto**–*1 oz*
- ☐ Spirulina–*2*
- ☐ **Tempeh**–*1*
- ☐ **Tofu** (firm/ firm)–*1.5-2*
- ☐ **Tofu** (soft/si *3 oz*

Protein Powde

- ☐ Check label # grams sc *1 protein ser* Egg, hemp, **soy**, whey

1 serving as listed = 35-75 calories, 5-7 g protei
0-4 g carbs
Average protein serving is 3–4 oz (size of palm

LEGUMES *Proteins/*

Servings/day: 1–2

Organic, non-GMO preferred

- ☐ Bean soups–*¾ c*
- ☐ **Black soybeans** (cooked)–*½ c*
- ☐ Dried beans, lentils, peas (cooked)–*½ c*
- ☐ **Edamame** –*½ c*
- ☐ Flour, legu
- ☐ Green peas (cooked)–*½*

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- ☐ Hummus or other bean dips–*½ c*
- ☐ Refried beans, vegetarian–*¾ c*

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

DAIRY & ALTERNATIVES *Proteins/Carbs*

Servings/day: 1–2

Unsweetened, organic preferred

FATS & OILS *Fats*

Servings/day: 4

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

- ☐ **Avocado**–*2 T or ⅛ whole*
- ☐ Butter–*1 t,*
- ☐ Oils, cooking: **Avocado,** butter, coconut (virgin),

Cardiometabolic Food Plan (1800–2200 Calories)

PROTEINS *Proteins*

Servings/day: 10–12

Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred.

Animal Proteins:

- ☐ Cheese (low-fat)–*1 oz*
- ☐ Cheese (hard)–*½ oz*
- ☐ Cottage cheese (low-fat)–*¼ c*
- ☐ Feta cheese (low-fat)–*1 oz*
- ☐ Parmesan cheese–*2 T*
- ☐ Ricotta cheese (low-fat)–*¼ c*
- ☐ Egg–*1; or 2 egg whites*
- ☐ **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, duck, pheasant, turkey, etc.–*1 oz*

Plant Protein:

- ☐ **Natto**–*1 oz*
- ☐ Spirulina–*2 T*
- ☐ **Tempeh**–*1 oz*
- ☐ **Tofu** (firm/extra firm)–*1.5-2 oz*
- ☐ **Tofu** (soft/silken)–*3 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 (size of palm of hand).

LEGUMES *Proteins/Carbs*

Servings/day: 2–3

Organic, non-GMO preferred

- ☐ 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*

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- ☐ 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*
- ☐ **Kefir** (plain)–*6-8 o*
- ☐ **Yogurt, Greek** (plain)–*6 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, 1–9 g protein, 1–4 g carbs (nutritional values vary)

Low Glycemic Impact Recommendations
Limit to 1-2 servings per day

NUTS & SEEDS *Proteins/Fats*

Servings/day: 3–4

Unsweetened, unsalted, organic preferred

- ☐ **Almonds**–*6*
- ☐ **Brazil nuts**–*2*
- ☐ **Cashews**–*6*
- ☐ **Chia seeds**–*1 T*
- ☐ Coconut (dried)–*3 T*
- ☐ **Flaxseed** (ground)–*2 T*
- ☐ **Hazelnuts**–*5*
- ☐ **Hemp seeds**–*1 T*
- ☐ Macadamias–*2-3*
- ☐ **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 seeds–*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 or ⅛ whole*
- ☐ 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, green, kalamata**–*8*

1 serving = 45 calories, 5 g fat

- ☐ Oils, cooking: **Avocado,** butter, coconut (virgin), grapeseed, **olive (extra virgin),** rice bran, sesame–*1 t*
- ☐ Oils, salad: Almond, **avocado**, canola, flaxseed, grapeseed, hempseed, **olive (extra virgin),** pumpkin seed, rice bran, safflower (high-oleic), sesame, sunflower (high-oleic) walnut,–*1 t*

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.

IFM

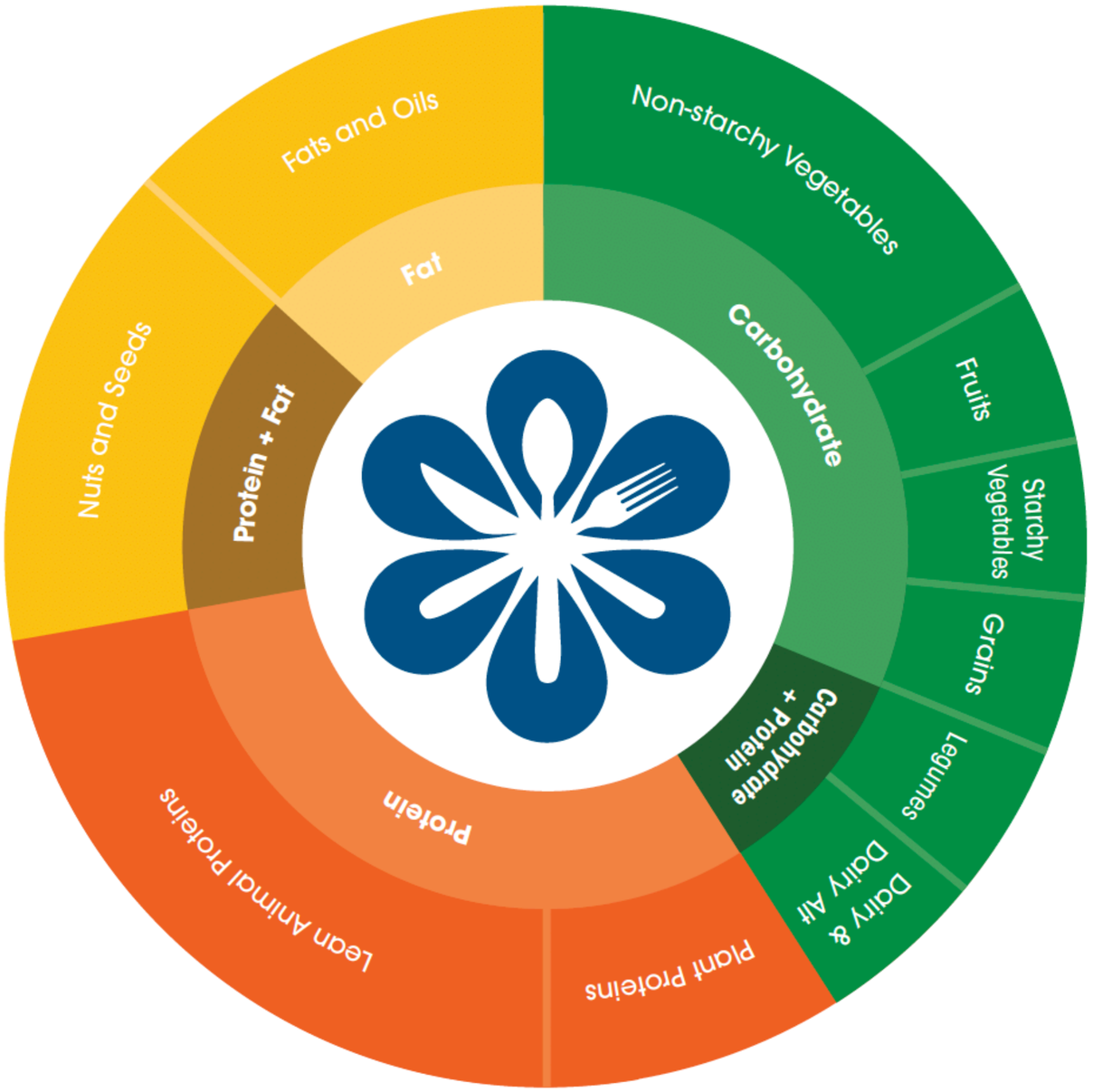
Cardiometabolic Food Plan

(30P/30F/40C)

Calories	1000–1200	1200–1400	1400–1800	1800–2200	2200–2500
Calorie Guidelines for Females	Reduced	Mildly Reduced	Standard	Active	
Calorie Guidelines for Males		Reduced	Mildly Reduced	Standard	Active
Proteins	7	7–9	9–10	10–12	12–13
Legumes	1	1	1–2	2–3	3
Dairy/Alternatives	0–1	1	1–2	2–3	3
Nuts & Seeds	2	2	2–3	3–4	4
Fats & Oils	2–3	3–4	4	4	4–6
Vegetables, non-starchy	5	5–7	7–8	8–10	10–13
Vegetables, starchy	0–1	1	1	1	1–2
Fruit	1–2	2	2	2	2
Grains	1	1	1–2	2	2

Chart found in Personalizing the IFM Therapeutic Food Plans: Practitioner Guide

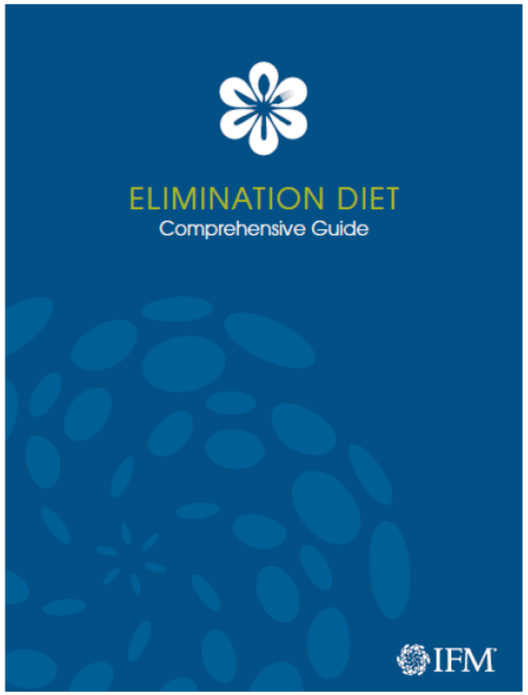
30P/30F/40C Macronutrient Distribution

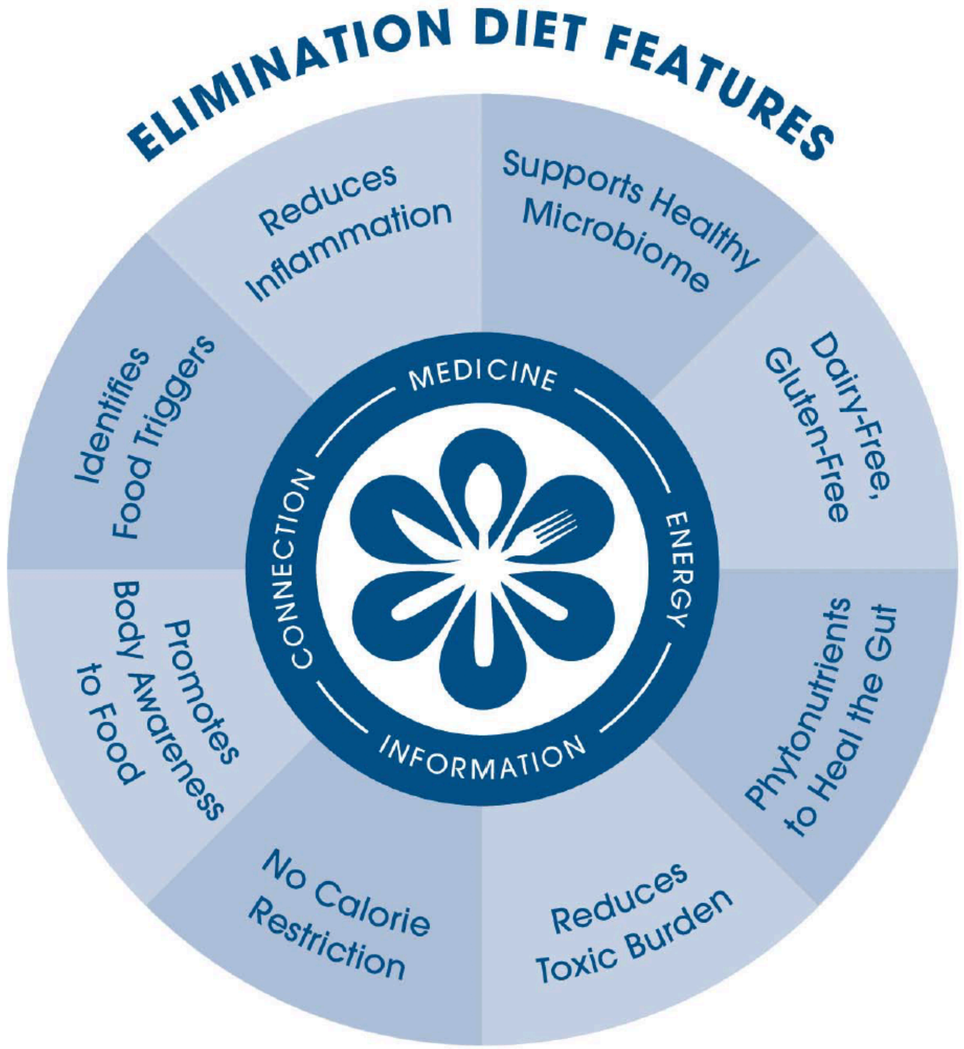


What is the Elimination Diet?

The Elimination Diet prescribed by a Functional Medicine practitioner is a therapeutic, short-term approach followed for a specific amount of time, often used as a first step in:

- ✓ Ridding the body of the most common foods that cause inflammation
- ✓ Identifying food allergies, sensitivities, intolerances, and triggers
- ✓ Eliminating foods with potentially addictive and harmful components




ELIMINATION DIET FEATURES
Reduces Inflammation
Supports Healthy Microbiome
Dairy-Free, Gluten-Free
Phytonutrients to Heal the Gut
Reduces Toxic Burden
No Calorie Restriction
Promotes Body Awareness to Food
Identifies Food Triggers
MEDICINE
ENERGY
INFORMATION
CONNECTION

Foods to Avoid	Foods to Eat
■ Alcohol	■ Dairy alternatives
■ Beef	■ Fish
■ Chocolate	■ Fruits (only those specifically listed)
■ Coffee, soft drinks, tea	■ Game meats
■ Corn	■ Gluten-free whole grains (amaranth, buckwheat, millet, quinoa, rice, teff, etc.)
■ Dairy products	■ Healthy oils
■ Eggs	■ Legumes (except soy, peanuts)
■ Gluten-containing grains (all varieties of barley, rye, spelt, wheat)	■ Nuts (except peanuts)
■ Peanuts	■ Poultry
■ Pork	■ Seeds
■ Processed meats	■ Vegetables
■ Shellfish	
■ Soy and soy products	
■ Sugar (white sugar, high-fructose corn syrup, brown sugar, sucrose, etc.)	

The Role of Anti-Inflammatory Foods in the Elimination Diet

Inflammation is present if there is pain, redness, and swelling in the body. Inflammation taxes the immune system. It is best to eliminate inflammation as much as possible. Inflammation is associated with many chronic diseases. All adverse food reactions create inflammation in the body. For example, inflammation in the gut can results in diarrhea or constipation. Inflammation in the joints can lead to arthritis-type symptoms.

The following section on what to include or exclude will help patients ensure that anti-inflammatory foods are the focus in the diet.

Anti-inflammatory Foods to Include:

In general, fresh fruits and vegetables and foods that provide omega-3 fats are the best way to provide anti-inflammatory support to your body. The typical American diet contains a higher percentage of omega-6 fats, which can be pro-inflammatory when they are out of balance with omega-3 fats.

Include these foods:

1. **Fatty fish**, such as wild-caught salmon, mackerel, cod, tuna, and sardines, provide a balance of essential fatty acids high in anti-inflammatory omega-3 fats.
2. **Grass-fed lamb or buffalo meats** contain significant amounts of omega-3 fats that meat from grain-fed animals is lacking.
3. **Nuts and seeds**, especially almonds, walnuts, and flax seeds, contain omega-3 fats and healthy fiber.
4. **Dark leafy greens**, such as kale, broccoli, collards, cabbage, and other cruciferous vegetables are high in fiber and may protect the body from pro-inflammatory molecules called cytokines. They are also high in phytonutrients called glucosinolates that assist detoxification.
5. **Red and blue colored fruits and vegetables** such as red cabbage and onion, red bell pepper, all berries, red grapes, cherries, and plums contain anti-inflammatory phytonutrients.
6. **Extra-virgin olive oil and olives** contain anti-inflammatory phytonutrients called polyphenols.
7. **Moist heat cooking using low temperatures**, such as crock-pot cooking, creates fewer inflammatory by-products.
8. **Certain spices**, such as turmeric, ginger, oregano, garlic, rosemary, cayenne, cloves, and cinnamon, have anti-inflammatory properties. Use them in combination with food, especially when using high-heat cooking methods.

The Role of Anti-Inflammatory Foods in the Elimination Diet

Inflammatory Foods to Exclude:

Focusing on anti-inflammatory foods in the diet is just the first step. What is not eaten is as important as what is eaten.

During the Elimination Diet, and even afterwards, reduce or eliminate the following:

1. **Trans-fats:** Found in processed foods like cakes, cookies, bagels, and crackers.
2. **Refined sugars:** Added refined sugars are pervasive in processed foods. Read the labels very carefully for sugars such as HFCS, corn sugar, corn syrup, and sucrose.
3. **Foods with a high glycemic response:** High-glycemic foods create blood sugar spikes after eating; these can stress the body to overproduce insulin, which is not healthy. Over time, the body becomes less equipped to handle high-sugar foods, and inflammation increases from the excess sugar and insulin produced. Examples of foods with a high-glycemic response are refined grains and breads, desserts, sweetened beverages, and highly processed prepared foods. Rice and bananas, both of which are on the Elimination Diet, are moderately high in glycemic impact, so eat protein at the same time to offset any blood sugar spikes.
4. **High omega-6 oils such as corn or soy:** Most people eat high amounts of refined vegetable oils in their diet if they eat lots of processed foods. These oils have high amounts of omega-6 fats and too little omega-3 fats. When the omega-6 fat level in the diet is too high compared with the omega-3 level, enzymes involved in inflammation can be activated. The goal is to balance those two types of fats.
5. **Gluten-containing foods (wheat, rye, barley, spelt, kamut):** More people are learning that they have gluten intolerance. While it is unknown why this is happening, one theory is that the genetic modification of these grains in the modern era of agriculture has led to changes in how most people digest them in the gut. For some people, wheat may be more of an issue; for others, all of these grains could provoke inflammatory-related symptoms. Another theory about the recent surge of gluten intolerance is that the reaction isn't caused by the grains themselves, but rather by the pesticides and herbicides the grains are treated with. Yet another theory is that treating grains with enzymes or acid to make flour that is more easily mixed with liquids (a process called deamidation), may be affecting the body's ability to handle them.
6. **Saturated animal fats from grain-fed red meats:** Dietary fat has had a bad reputation for a long time. However, there are many types of fats and they are not all inflammatory; too much poor quality fat is the real problem. New research suggests that a high-fat meal of animal foods could lead to inflammation in the body. Adding vegetables to the meal can help to offset the inflammation. This finding does not mean that one should not eat animal foods, but that if they are eaten, vegetables should be included with the meal.

Food Substitutions

The following is a list of substitutions for foods that are avoided while on the Elimination Diet.

When you want this...	...eat this
Milk (for cereal or shakes), yogurt, cheese	Milk substitutes: unsweetened rice, oat, hemp, almond, sunflower, hazelnut, and coconut milk; unsweetened coconut yogurt or kefir; read labels to ensure substitute is lactose/casein-free
Hot cereal, such as Wheatena or other hot cereal	Oatmeal or steel-cut oats, rice cereal, quinoa flakes, or Apple Cinnamon Amaranth Porridge*
Cold cereal	Puffed rice and millet, crispy brown rice, amaranth cereals; all labeled gluten-free (note that there tends to be corn in foods labeled gluten-free)
Bread, crackers, & pasta	Gluten-free breads, crackers, or pasta made with brown rice, oats, teff, millet, quinoa, amaranth, tapioca, buckwheat, sorghum, potato flour, and garbanzo bean flour; cellophane noodles from bean threads; check labels for gluten-free with acceptable sweeteners
Quick breads	Chia Seed Applesauce Bread*, Pumpkin Oatmeal Pancakes*
Breading	Grind any allowable rice crackers or bread, or use almond meal (any nut meal), ground chia seeds, coconut, or coconut flour
Eggs	Store-bought egg-replacer, or blend 1 Tbsp. flax meal or chia seeds in blender with ¼ cup water and allow to thicken for a few minutes
Peanut butter	Nut butters made from almonds, cashews, macadamias, walnuts, hazelnuts or pumpkin and sesame seeds (tahini)
Ice cream	Various brands of rice or coconut-based frozen desserts; read labels carefully for approved sweeteners
Soft drinks	Sparkling or mineral water, mixed with a squeeze of lemon or lime, or with a small amount of your favorite juice (¾ water, ¼ juice); filtered or purified water with slices of lemon or lime; unsweetened coconut water
Coffee/tea	Herbal teas
Butter or margarine	Coconut oil or ghee (clarified butter)
Sugar & sweeteners	Unsweetened apple butter, brown rice syrup, blackstrap molasses, pure maple syrup, raw honey, coconut sugar, agave nectar, lo han, erythritol, and stevia.

Elimination Diet Food Plan

PROTEINS — *Proteins*

Servings/day_____

Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred.

Animal Proteins:

- ☐ Fish: Halibut, herring,● mackerel, salmon, sardines,● tuna, etc.–*1 oz*
- ☐ Meat: All wild game, buffalo, elk, lamb, venison–*1 oz*
- ☐ Poultry (skinless): Chicken, Cornish hen, turkey–*1 oz*

Plant Protein:

- ☐ Spirulina–*2 T*

Protein Powder:

- ☐ Check label for # grams/scoop (*1 protein serving=7 g*) Hemp, pea, rice

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 (size of palm of hand).

Eliminate

Beef/veal, canned meats, cold cuts, eggs, frankfurters, pork, shellfish, whey, soy (miso, natto, tempeh, tofu, textured vegetable protein)

LEGUMES — *Proteins/Carbs*

Servings/day_____

Organic, non-GMO preferred

- ☐ Bean soups–*¾ c*
- ☐ Dried beans, peas, or lentils (cooked)–*½ c*
- ☐ Flour, legume–*¼ c*
- ☐ Green peas (cooked)–*½ c*
- ☐ Hummus or other bean dip–*⅓ c*
- ☐ Refried beans, vegetarian–*½ c*

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

Eliminate

Soybean products (edamame, miso, soy sauce, tamari, tempeh, tofu, soy milk, soy yogurt, textured vegetable protein)

DAIRY ALTERNATIVES — *Pro*

Servings/day_____

Unsweetened, organic preferred

- ☐ Kefir: Coconut (plain)●▲–*4-6 oz*
- ☐ Milk: Almond, coconut, flaxseed, hazelnut, hemp, rice–*8 oz*
- ☐ Yogu (cultu

1 serving = 25-90 calories, 1-9 g protein (nutritional values vary)

Eliminate

Butter, cheese, cottage cheese, cream, ice cream, milk, non-dairy creamers, soy (dairy and soy), whey

NUTS & SEEDS — *Pr*

Servings/day_____

Unsweetened, unsalted, organic p

- ☐ Almonds–*6*
- ☐ Brazil nuts–*2*
- ☐ Cashews●–*6*
- ☐ Chia seeds–*1 T*
- ☐ Coconut (dried)–*3 T*
- ☐ Flaxseed (ground)–*2 T*
- ☐ Hazelnuts–*5*
- ☐ Hemp seeds–*1 T*
- ☐ Macadamias–*2-3*
- ☐ Nut butte
- ☐ Pecan
- ☐ Pine
- ☐ Pista
- ☐ Pump
- ☐ Sesan
- ☐ Sunfl
- ☐ Waln

1 serving = 45 calories, 5 g fat

Eliminate

Mixed nuts (with peanuts), peanuts, pec

Version 9

VEGETABLES Non-starchy — *Carbs*

Servings/day_____

- ☐ Artichoke
- ☐ Arugula
- ☐ Asparagus
- ☐ Bamboo shoots
- ☐ Beets (cubed)
- ☐ Bok choy
- ☐ Broccoflower
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celeriac root
- ☐ Celery
- ☐ Chard/Swiss chard
- ☐ Chervil
- ☐ Chives
- ☐ Cilantro
- ☐ Cucumbers
- ☐ Daikon radishes
- ☐ Eggplant●■
- ☐ Endive
- ☐ Escarole
- ☐ Fennel
- ☐ Fermented vegetables:●▲ Kimchi, pickles, sauerkraut, etc.
- ☐ Garlic
- ☐ Green beans
- ☐ Greens: Beet, collard, dandelion, kale, mustard, turnip, etc.
- ☐ Horseradish
- ☐ Jicama
- ☐ Kohlrabi
- ☐ Leeks
- ☐ Lettuce, all
- ☐ Microgreens
- ☐ Mushrooms●
- ☐ Okra
- ☐ Onions
- ☐ Parsley
- ☐ Peppers, all■
- ☐ Radicchio
- ☐ Radishes
- ☐ Salsa●■
- ☐ Sea vegetables
- ☐ Scallions
- ☐ Shallots
- ☐ Snap peas/snow peas
- ☐ Spinach●
- ☐ Sprouts, all
- ☐ Squash: Delicata, pumpkin,● spaghetti, yellow, zucchini, etc.
- ☐ Tomato●■
- ☐ Tomato juice●■–*¾ c*
- ☐ Turnips
- ☐ Vegetable juice–*¾ c*
- ☐ Water chestnuts
- ☐ Watercress

1 serving = ½ c, 1 c raw greens = 25 calories, 5 g carbs

VEGETABLES Starchy — *Carbs*

Servings/day_____

- ☐ Acorn squash (cubed)–*1 c*
- ☐ Butternut squash (cubed)–*1 c*
- ☐ Plantain–*⅓ c or ½ whole*
- ☐ Potato: Purple, red, sweet, white, yellow–*½ med*
- ☐ Potatoes (mashed, made with non-dairy milk)–*½ c*
- ☐ Root vegetables: Parsnip, rutabaga–*½ c*
- ☐ Yam–*½ med*

1 serving = 80 calories, 15 g carbs

Eliminate

Corn, Potato (if avoiding nightshades)

FRUITS — *Carbs*

Servings/day_____

Unsweetened, no sugar added

- ☐ Apple–*1 sm*
- ☐ Applesauce–*½ c*
- ☐ Apricots–*4*
- ☐ Banana–*½ med*
- ☐ Blackberries–*¾ c*
- ☐ Blueberries–*¾ c*
- ☐ Dried fruit● (no sulfites)–*2 T*
- ☐ Figs–*3*
- ☐ Grapes–*15*
- ☐ Grapefruit–*½ med*
- ☐ Juices (diluted)–*½ c*
- ☐ Kiwi–*1 med*
- ☐ Kumquats–*4*
- ☐ Lemon–*1*
- ☐ Lime–*1*
- ☐ Melon, all–*1 c*
- ☐ Mango–*½ sm*
- ☐ Nectarine–*1 sm*
- ☐ Orange–*1 med*
- ☐ Papaya–*1 c*
- ☐ Peach–*1 sm*
- ☐ Pear–*1 sm*
- ☐ Persimmon–*½*
- ☐ Pineapple–*¾ c*
- ☐ Plums–*2 sm*
- ☐ Pomegranate seeds –*½ c*
- ☐ Prunes–*3 med*
- ☐ Raisins–*2 T*
- ☐ Raspberries●–*1 c*
- ☐ Tangerines–*2 sm*

1 serving = 60 calories, 15 g carbs

Eliminate

Citrus fruits (if directed by your healthcare provider)

Organic, non-GMO fruits, vegetables, herbs and spices preferred

GLUTEN-FREE GRAINS — *Carbs*

Servings/day_____

Unsweetened, sprouted, organic preferred

- ☐ Amaranth–*¾ c*
- ☐ Brown rice cakes–*2*
- ☐ Buckwheat/ kasha–*½ c*
- ☐ Crackers: (nut, seed, rice)–*3-4*
- ☐ Flours for baking: Arrowroot, sorghum, tapioca–*3 T*
- ☐ Millet–*½ c*
- ☐ Oats: Rolled, steel-cut–*½ c*
- ☐ Quinoa–*½ c*
- ☐ Rice–*½ c*
- ☐ Teff–*¾ c*

All grain servings are for cooked amounts.

1 serving = 75-110 calories, 15 g carbs

Eliminate

Barley, corn, emmer, farro, kamut, rye, spelt, triticale, wheat

BEVERAGES, SPICES & CONDIMENTS

Unsweetened, no sugar added

- ☐ Filtered water
- ☐ Sparkling/mineral water
- ☐ Unsweetened coconut water
- ☐ Green tea
- ☐ Fresh juiced fruits/ vegetables
- ☐ Herbs and Spices, all
- ☐ Condiments: Mustard,● vinegars●▲ *–use sparingly, suggest 1 T or less per serving*

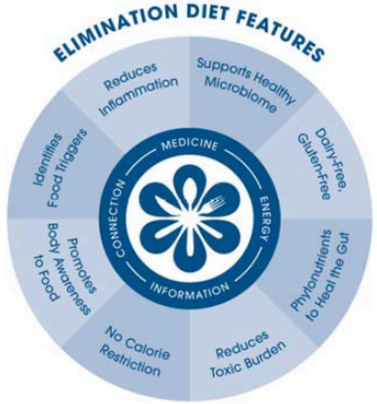
KEY

● **High Histamine** ■ **Nightshades** ▲ **Fermented Foods**

IFM

The next step…

Reintroduction of foods



Types and Amounts of Foods to Re-Introduce

Food/Group	Challenge Food (Examples)	Average Portion Size
Wheat/gluten	100% whole wheat cereal (e.g., Wheatena) 100% whole wheat noodles	½ cup 1 cup
Dairy	Milk (skim, 1%, 2%, or whole milk) Cheese (any whole milk cheese, no additives)	1 cup 1 ounce
Corn	Fresh or frozen corn kernels	½ cup or 1 small cob
Pork	Cooked meat, not in a casserole	3-6 ounces
Egg	Hard or soft boiled or poached	2 eggs
Peanuts	Raw or dry roasted peanuts Peanut butter made of 100% peanuts only	¼ cup nuts 2 T peanut butter
Soy	Edamame Soy milk Tofu, tempeh	½ cup 1 cup ½ cup
Shellfish	Challenge individual shellfish each time*	3-6 ounces
Barley, rye	Cooked barley or rye cereal 100% rye crackers	½ cup 2-3 crackers

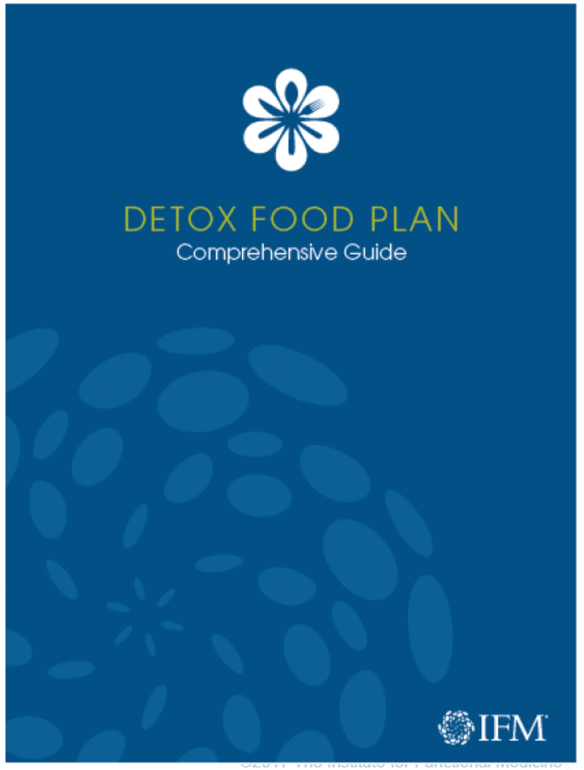
**It is not uncommon to react to only one type of shellfish, such as shrimp, but not others, so it is wise to challenge each separately.*

IFM

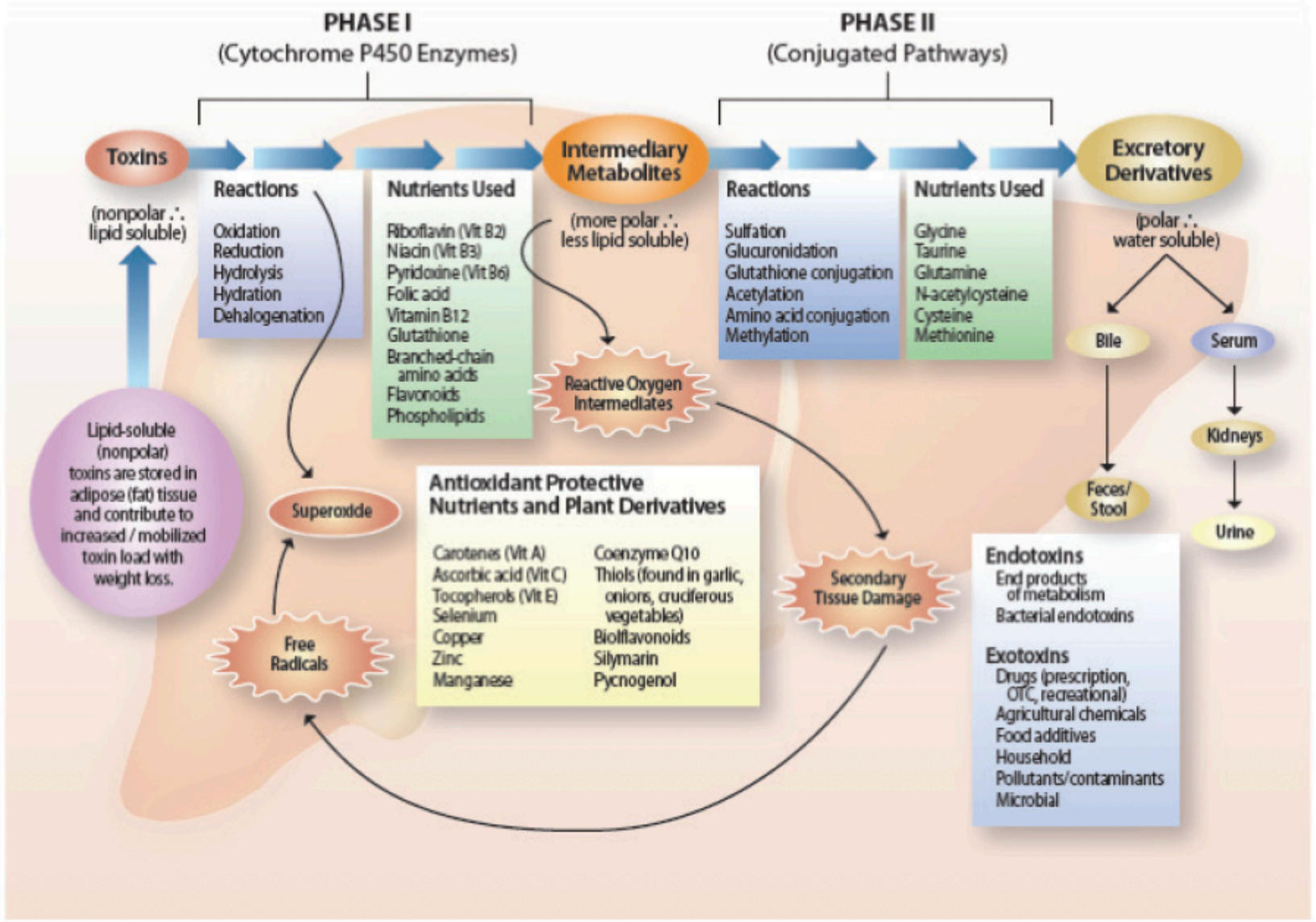
What is the Detox Food Plan?

The Detox Food Plan prescribed by a Functional Medicine practitioner is a therapeutic, clinically-directed metabolic detoxification protocol. The goals of this approach are to:

- ✓ Facilitate the pathways involved in the processing and excretion of toxins
- ✓ Improve symptoms of pain and fatigue
- ✓ Enhance cognitive function and moods
- ✓ Improve sleep quality
- ✓ Optimize the metabolic detoxification experience and lower the toxic burden



Liver Detoxification Pathways



Phase I Nutrients and Food Sources on the Detox Food Plan

Nutrient	Food Sources
Riboflavin (vitamin B2)	Soybeans, spinach, tempeh, crimini mushrooms, eggs, asparagus, almonds, turkey
Niacin (vitamin B3)	Tuna, chicken, turkey, salmon, lamb, beef, sardines, brown rice
Pyridoxine (vitamin B6)	Tuna, turkey, beef, chicken, salmon, sweet potato, potato, sunflower seeds, spinach, banana
Folic acid	Lentils, pinto beans, garbanzo beans, black beans, navy beans, turnip greens, broccoli
Vitamin B12	Choose methylcobalamin for supplemental source, sardines, salmon, tuna, cod, lamb, beef
Glutathione	Undenatured whey protein, asparagus, curcumin, broccoli, avocado, spinach, garlic, foods high in vitamin C (e.g., citrus fruits) and selenium (e.g., Brazil nuts)
Branched-chain amino acids	Whey protein, chicken, fish, eggs
Flavonoids	Virtually all plant foods, including apples, apricots, blueberries, pears, raspberries, strawberries, black beans, cabbage, onions, parsley, pinto beans, tomatoes
Phospholipids	Soy, sunflower seeds, eggs

Antioxidant Nutrients and Phytonutrients That Protect Against Overproduction of Phase I Metabolites

Nutrient	Food Sources
Carotenes (vitamin A)	Essentially all red, orange, yellow, and green plant foods
Ascorbic acid (vitamin C)	All will be higher in vitamin C if uncooked: Bell peppers, papaya, citrus fruits, broccoli, Brussels sprouts, strawberries, kiwi
Tocopherols (vitamin E)	Sunflower seeds, almonds, spinach, Swiss chard, avocados, turnip greens, asparagus, mustard greens
Selenium	Brazil nuts, tuna, sardines, salmon, turkey, cod, chicken, lamb, beef
Copper	Sesame seeds, cashews, soybeans, mushrooms (shiitake), sunflower seeds, tempeh, garbanzo beans, lentils, walnuts, lima beans
Zinc	Beef, lamb, sesame seeds, pumpkin seeds, lentils, garbanzo beans, cashews, quinoa, turkey
Manganese	Cloves, gluten-free oats, brown rice, garbanzo beans, spinach, pineapple, pumpkin seeds, tempeh, soybeans
Coenzyme Q10	Meat, poultry, fish
Thiols	Chives, daikon radishes, garlic, leeks, onions, scallions, shallots
Flavonoids	Virtually all plant foods, including apples, apricots, blueberries, pears, raspberries, strawberries, black beans, cabbage, onions, parsley, pinto beans, tomatoes
Silymarin	Milk thistle (herb), artichokes
Pycnogenol	Small amounts found in the peels, skins, or seeds of grapes, blueberries, cherries, plums

Personalizing Foods to Detox Pathways

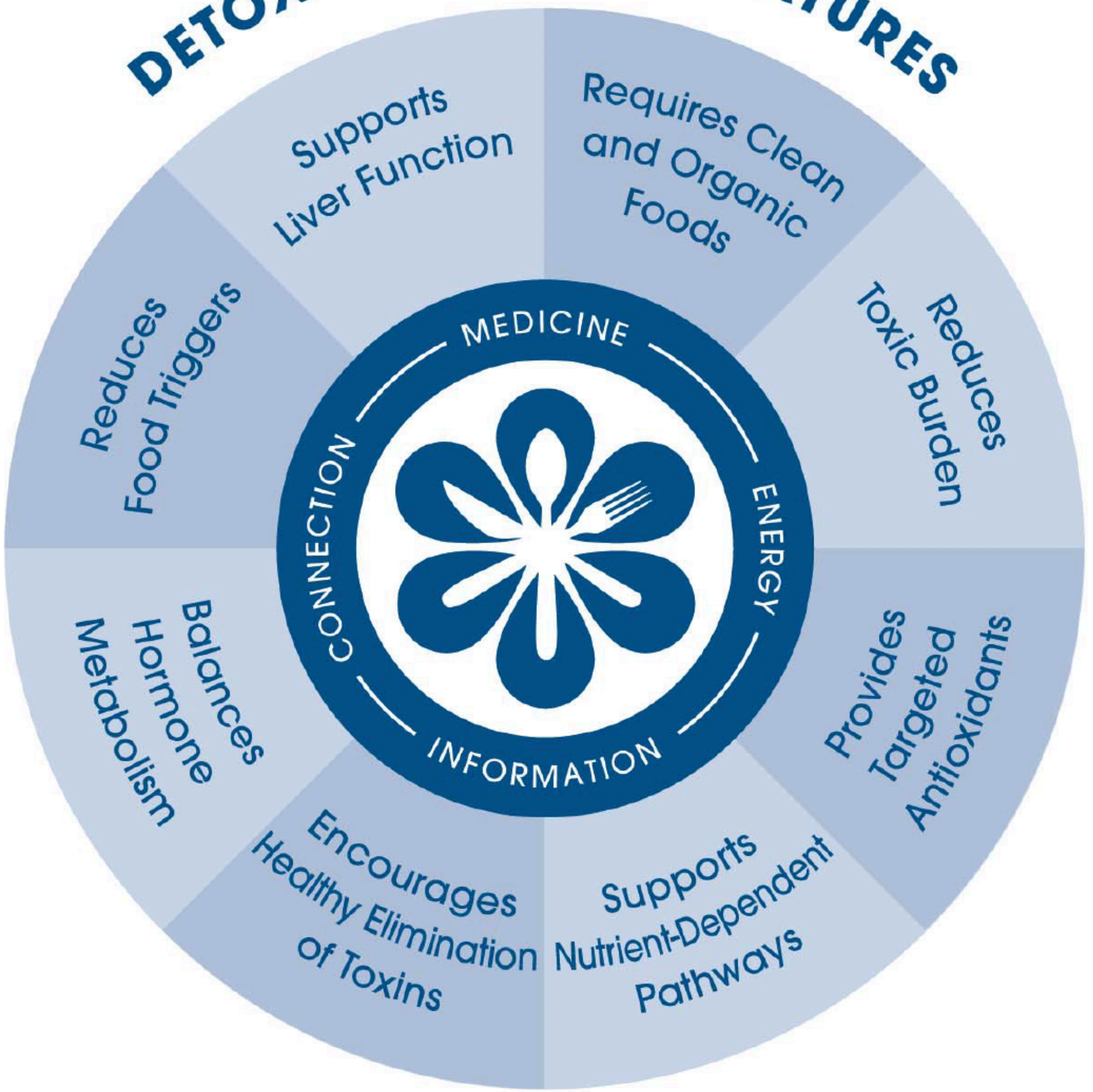
Nutrients for Phase II Conjugation Pathways

Nutrient	Food Sources
Glycine	Beef, chicken, lamb
Taurine	Fish, meat
Glutamine	Beef, chicken, fish, eggs, cabbage, beets, beans, spinach, parsley
N-acetylcysteine	Most high-protein foods (e.g., chicken), garlic, cruciferous vegetables
Cysteine	Beef, chicken, lamb, fish
Methionine	Egg white/whole eggs, sesame seeds, Brazil nuts, soy protein, chicken, tuna, beef, chickpeas, almonds, pinto beans, lentils, brown rice

Factors That Can Affect Detoxification Enzyme Activity

Activity	Nutritional Relevance
Induction of CYP1A1	High caffeine- and alcohol-containing beverages, cruciferous vegetables, carotenoids (astaxanthin, beta-cryptoxanthin), garlic oil, fish oil, methionine deficiency, compounds from charbroiled meats (heterocyclic amines, polycyclic aromatic hydrocarbons), starvation
Inhibition of CYP1A1	Black raspberries, blueberries, ellagic acid (from raspberries, pomegranate), curcumin, apple juice, soy isoflavones, chrysin (bee pollen is source), choline deficiency
Induction of CYP1A2	Cruciferous vegetables, protein, pan-fried meat, medium chain triglycerides, tea, polycyclic aromatic hydrocarbons
Inhibition of CYP1A2	Carrot, celery, parsley, chamomile tea, peppermint tea, dandelion tea, thyme, curcumin, orange/tangerine peel, ginger root, chrysin (bee pollen is source), starvation
Induction of CYP3A4	Garlic, licorice (possible/animal study), green tea, hops, oregano, quercetin
Inhibition of CYP3A4	Grapefruit and grapefruit juice (naringenin), gallic acid in wine and herbal teas (inhibition reduced by addition of ascorbic acid), noni juice, lime juice, red wine; herbs such as goldenseal, chamomile, echinacea, licorice, milk thistle, peppermint oil, rosemary, thyme, chamomile; Seville orange, pomelo, grapefruit, solanaceous plants (e.g., tomatoes)
Balanced activation of detox systems	Cruciferous vegetables, berries, spices, diets adequate in protein (meat, fish, eggs, and plant-based foods that provide complementary essential amino acids)

DETOX FOOD PLAN FEATURES



Detox Food Plan

PROTEINS — *Proteins*

Servings/day_____

Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish. Avoid canned meats.

Animal Proteins:

- ☐ Egg–*1 or 2 egg whites*
- ☐ Fish: **Anchovy,** halibut, **herring, mackerel, rainbow trout, sablefish, salmon, sardines, etc.**–*1 oz*
- ☐ Meat: Beef, buffalo, elk, lamb, venison, other wild game–*1 oz*
- ☐ Poultry (skinless): Chicken, Cornish hen, duck, pheasant, turkey–*1 oz*
- ☐ **Tofu** (firm/extra firm)–*1½-2 oz*
- ☐ **Tofu** (soft/silken)–*3 oz*
- ☐ **Tempeh**–*½ c*
- ☐ **Spirulina**–*2 T*

Protein Powder:

- ☐ Check label for # grams/scoop *(1 protein serving = 7g)* Egg, **hemp,** pea, rice, **soy protein isolate,** whey

Plant Protein:
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 (size of palm of hand).

LEGUMES — *Proteins/Carbs*

Servings/day_____

Organic, non-GMO

- ☐ Bean soups–*¾ c*
- ☐ **Black soybeans** (cooked)–*½ c*
- ☐ Dried peas, beans, or lentils (cooked)–*½ c*
- ☐ Flour, legume–*¼ c*
- ☐ **Edamame** (cooked)–*½ c*
- ☐ Green Peas (cooked)–*½ c*
- ☐ Hummus or bean dips–*½*

1 serving = 110 ca

DAIRY ALTER

Servings/day__

Unsweetened,

- ☐ Kefir, cocon
- ☐ **soy**–*4-6 oz*
- ☐ Yogurt, coco
- ☐ **soy** (cultured

1 serving = 50–10

NUTS & SEED

Servings/day__

Unsweetened,

- ☐ **Almonds**–*6*
- ☐ **Brazil nuts**–*1*
- ☐ **Cashews**–*6*
- ☐ **Chia seeds**-
- ☐ **Coconut** (dr
- ☐ **Flaxseed, ground**–*2 T*
- ☐ **Hazelnuts**–*5*
- ☐ **Hemp seeds**
- ☐ Macadamias-

1 serving = 45 cal

VEGETABLES Non-starchy — *Carbs*

Servings/day_____

Brassicales (i.e. Cruciferous)

- ☐ **Arugula**
- ☐ **Broccoflower**
- ☐ **Broccoli**
- ☐ **Broccoli sprouts**
- ☐ **Brussels sprouts**
- ☐ **Cabbage**
- ☐ **Cauliflower**
- ☐ **Horseradish**
- ☐ **Kohlrabi**
- ☐ **Radishes**

Detoxifying Leafy Greens

- ☐ **Bok choy**
- ☐ **Chard/Swiss chard**
- ☐ Chervil
- ☐ **Cilantro**
- ☐ **Endive**
- ☐ Escarole
- ☐ **Greens: Beet, collard, dandelion, kale, mustard turnip**
- ☐ **Microgreens**
- ☐ **Parsley**
- ☐ **Radicchio**

Thiols

- ☐ **Chives**
- ☐ **Daikon radishes**
- ☐ **Garlic**
- ☐ **Leeks**
- ☐ **Onion**
- ☐ **Scallions**
- ☐ **Shallots**

Liver & Kidney Support

- ☐ **Artichokes**
- ☐ **Asparagus**
- ☐ **Beets, cubed**
- ☐ **Celeriac root**
- ☐ **Celery**
- ☐ **Sprouts, all**

Other Non-Starchy Vegetables

- ☐ Bamboo shoots
- ☐ Bean sprouts
- ☐ **Carrots**
- ☐ Cucumbers
- ☐ Eggplant
- ☐ **Fennel**
- ☐ Fermented Vegetables
- ☐ Green beans
- ☐ Jicama
- ☐ Lettuce, all
- ☐ Mushrooms
- ☐ Okra
- ☐ Peppers, all
- ☐ Salsa
- ☐ Sea vegetables
- ☐ Snap peas/snow peas
- ☐ Spinach
- ☐ Squash: Delicata, pumpkin, spaghetti, yellow, zucchini, etc.
- ☐ **Tomato**
- ☐ Tomato juice–*¾ c*
- ☐ Turnip
- ☐ Vegetable juice–*¾ c*
- ☐ Watercress

1 serving = ½ c, 1 c raw greens = 25 calories, 5 g carbs

Organic, non-GMO fruits, vegetables, herbs and spices

VEGETABLES Starchy — *Carbs*

Servings/day_____

- ☐ Acorn squash (cubed)–*1 c*
- ☐ Butternut squash (cubed)–*1 c*
- ☐ Plantain–*⅓ c or ½ whole*
- ☐ Potato: Purple, red, sweet, yellow–*½ med*
- ☐ Root vegetables: Parsnip, rutabaga–*½ c*

1 serving = 80 calories, 15 g carbs

FRUITS — *Carbs*

Servings/day_____

Unsweetened, no sugar added

- ☐ **Apple**–*1 sm*
- ☐ Applesauce–*½ c*
- ☐ Apricots–*4*
- ☐ Banana, med–*½*
- ☐ **Blackberries**–*¾ c*
- ☐ **Blueberries**–*¾ c*
- ☐ **Cherries, all**–12
- ☐ Dried fruit (no sulfites)–*2 T*
- ☐ Figs–*3*
- ☐ Grapes: **Purple,** green–*15*
- ☐ **Grapefruit**–*½ med*
- ☐ Kiwi–*1 med*
- ☐ **Mandarins**–*2 sm*
- ☐ Mango–*½ sm*
- ☐ Melon, all–*1 c*
- ☐ Nectarine–*1 sm*
- ☐ **Orange**–*1 sm*
- ☐ Papaya–*1 c*
- ☐ Peach–*1 sm*
- ☐ Pear–*1 sm*
- ☐ **Pineapple**–*¾ c*
- ☐ Plums–*2 sm*
- ☐ **Pomegranate seeds**–*½ c*
- ☐ Prunes–*3 med*
- ☐ Raisins–*2 T*
- ☐ **Raspberries**–*1 c*
- ☐ **Rhubarb**–*½ c*
- ☐ **Strawberries**–*1¼ c*
- ☐ **Tangerines**–*2 sm*

1 serving = 60 calories, 15 g carbs

GLUTEN-FREE GRAINS — *Carbs*

Servings/day_____

Unsweetened, sprouted, organic

- ☐ Amaranth–*¼ c*
- ☐ Brown rice cakes–*2*
- ☐ **Buckwheat/ kasha**–*½ c*
- ☐ Crackers (nut, seed, rice)–*3-4*
- ☐ **Millet**–*¾ c*
- ☐ **Oats:** Rolled or steel-cut–*½ c*
- ☐ **Quinoa**–*½ c*
- ☐ Rice: Basmati, black, brown, purple, red, jasmine–*⅓ c*
- ☐ Teff–*¾ c*

1 serving = 75–110 calories, 15 g carbs

All grain servings are for cooked amounts.

BEVERAGES, SPICES & CONDIMENTS

- ☐ Filtered water (with lemon or lime juice)
- ☐ Sparkling/mineral water
- ☐ Fresh juiced fruits/ vegetables
- ☐ Coffee
- ☐ Kombucha (no added sweeteners)
- ☐ Tea: Black, **dandelion,** green, herbal, etc.
- ☐ Herbs and Spices: **Curry, dill, ginger, rosemary, turmeric,** etc.
- ☐ Condiments: Lemon/lime juice, miso, mustard, tamari, vinegars, etc.– *use sparingly, suggest 1 T or less per serving*

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.

IFM

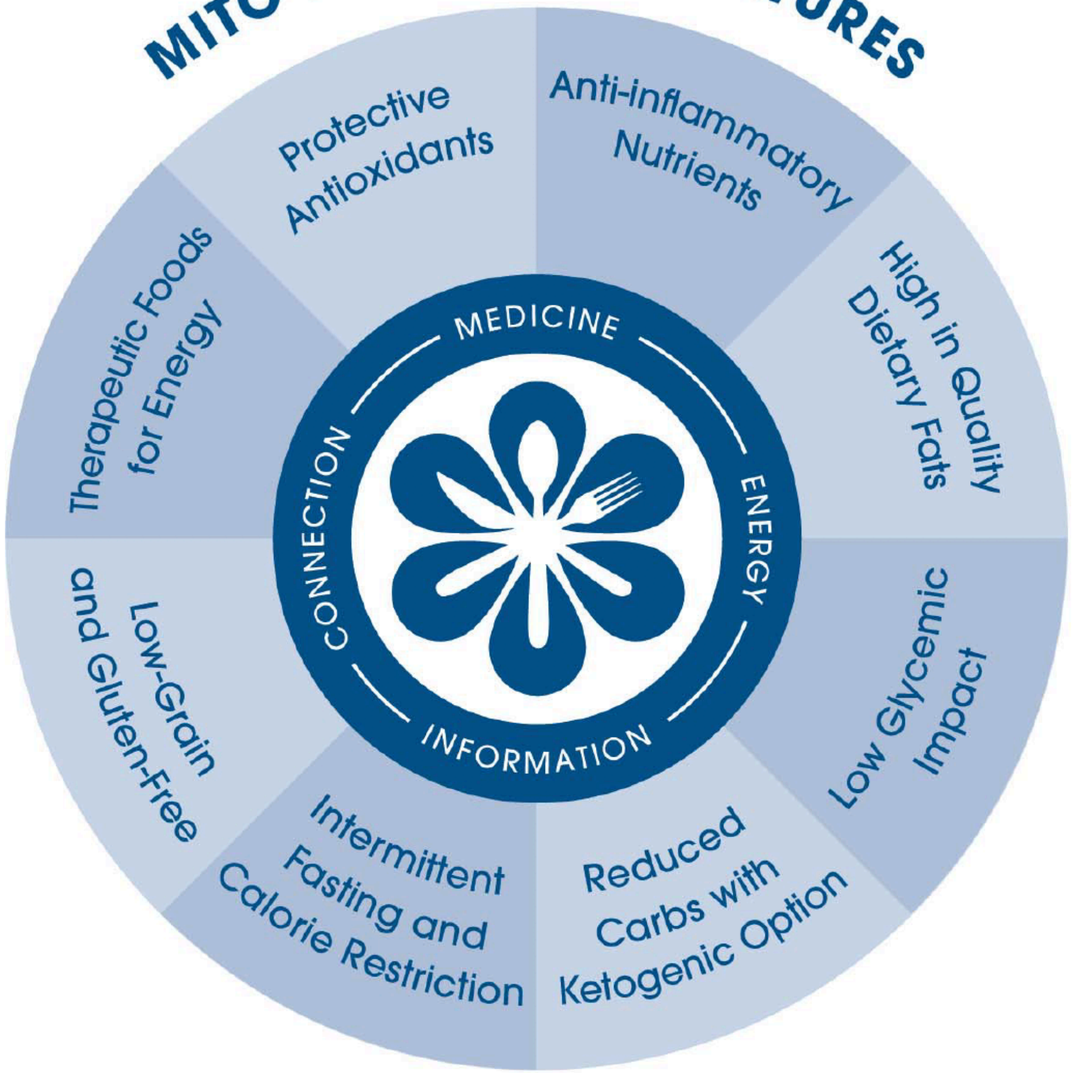
Version 7

What is the Mito Food Plan?

The Mito Food Plan prescribed by a Functional Medicine practitioner is a therapeutic approach to managing blood sugar levels and reducing inflammation in order to support healthy mitochondrial function. This plan:

- ✓ Provides therapeutic foods that improve energy production
- ✓ Protects against oxidative stress
- ✓ Supports the body in the production of energy
- ✓ Restores a sense of vitality, and helps the body use food to support a graceful and healthy aging proces
- ✓ Helps reduce fatigue, pain, and cognitive problems while supporting muscle mass and burning excess f
- ✓ Provides a framework for preventing or slowing the progression of neurological disease

MITO FOOD PLAN FEATURES



The following table shows the healthful attributes of the different therapeutic foods.

Attributes of the Therapeutic Foods

	Therapeutic Energy Foods	Protective Antioxidants	Anti-Inflam-matory	Quality Dietary Fats	Fasting/ Caloric Restriction	Reduced Carbs/ Ketogenic	Low Glycemic	Low-Grain/ Gluten-Free
Almonds	■	■	■	■		■	■	■
Avocado	■	■		■		■	■	■
Beef/ buffalo, grass-fed	■			■		■	■	■
Blueberries	■	■			■	■		■
Broccoli	■	■	■		■	■	■	■
Coconut oil	■	■		■		■	■	■
Green tea	■	■			■	■	■	■
Olive oil, extra virgin	■	■	■	■		■	■	■
Pome-granate	■	■	■		■	■	■	■
Salmon, wild Alaskan	■	■	■	■		■	■	■
Seaweed	■	■	■		■	■	■	■
Spinach	■	■	■		■	■	■	■

Mito Food Plan

PROTEINS *Proteins*

Servings/day_____

Free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred.

Animal Proteins:

- ☐ Cheese (hard)–*½ oz*
- ☐ Cheese (soft)–*1 oz*
- ☐ Cottage cheese–*¼ c*
- ☐ Parmesan cheese–*2 T*
- ☐ Ricotta cheese–*¼ c*
- ☐ Egg–*1; or 2 egg whites*
- ☐ **Fish, Omega-3 rich: Alaskan salmon, cod,** halibut, herring, **mackerel, sardines,** shrimp, tuna, etc.–*1 oz*
- ☐ **Meat: Beef, buffalo, elk, lamb, venison, other wild game**–*1 oz*
- ☐ Poultry (skinless): Chicken, Cornish hen, duck, pheasant, turkey, etc.–*1 oz*

Plant Protein:

- ☐ Spirulina–*2 T*
- ☐ Tempeh–*1 oz*
- ☐ Tofu (firm/extra firm)–*1½-2 oz*
- ☐ Tofu (soft/silken)–*3 oz*

Protein Powder:

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

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 (size of palm of hand).

LEGUMES *Proteins/Carbs*

Servings/day_____

Organic, non-GMO preferred

- ☐ Bean soups–*¾ c*
- ☐ Black soybeans (cooked)–*½ c*
- ☐ Dried beans, lentils, or peas (cooked)–*½ c*
- ☐ Edamame (cooked)–*½ c*
- ☐ Flour, legume–*¼ c*
- ☐ Green peas (cooked)–*½ c*
- ☐ Hummus or other bean dips–*⅓ c*
- ☐ Refried beans, vegetarian–*½ c*

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

DAIRY & ALTERNATIVES *Proteins/Carb*

Servings/day_____

Unsweetened, organic preferred

Dairy:

- ☐ Buttermilk–*8 oz*
- ☐ Kefir (plain)–*6-8 oz*
- ☐ Milk: Cow, goat–*8 oz*
- ☐ Yogurt, Greek (plain)–*6 oz*

Dairy Alternatives:

- ☐ Milk: Almond, **coconut,** flaxseed, hazelnut, hemp, oat, , soy–*8 oz*
- ☐ Yogurt: **Coconut,** soy (cultured) –*6 oz*

1 dairy serving = 90-150 calories, 7–8 g protein, 12 g carbs
1 dairy alternative serving = 25-90 calories, 1–9 g protein, 1–4 g carbs (nutritional values vary)

NUTS & SEEDS *Proteins/Fats*

Servings/day_____

Unsweetened, unsalted, organic preferred

- ☐ **Almonds**–*6*
- ☐ Brazil nuts–*2*
- ☐ Cashews–*6*
- ☐ **Chia seeds**–*1 T*
- ☐ **Coconut (dried)**–*3 T*
- ☐ **Flaxseed (ground)**–*2 T*
- ☐ Hazelnuts–*5*
- ☐ **Hemp seeds**–*1 T*
- ☐ Macadamias–*2-3*
- ☐ 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 seeds–*1 T*
- ☐ **Walnut halves**–*4*

1 serving = 45 calories, 5 g fat

Version 5

VEGETABLES Non-starchy *Carbs*

Servings/day_____

- ☐ Artichoke
- ☐ **Arugula**
- ☐ **Asparagus**
- ☐ Bamboo shoots
- ☐ Beets (cubed)
- ☐ **Bok choy**
- ☐ **Broccoflower**
- ☐ **Broccoli**
- ☐ **Brussels sprouts**
- ☐ **Cabbage**
- ☐ Carrots
- ☐ **Cauliflower**
- ☐ Celeriac root
- ☐ Celery
- ☐ **Chard/Swiss chard**
- ☐ **Chives**
- ☐ Cilantro
- ☐ Cucumbers
- ☐ **Daikon radish**
- ☐ Eggplant
- ☐ Endive
- ☐ Fennel
- ☐ **Fermented vegetables: Kimchi, pickles, sauerkraut, etc.**
- ☐ **Garlic**
- ☐ Green beans
- ☐ **Greens: Beet, collard, chicory, dandelion, escarole, kale, mustard, purslane, radicchio, turnip, etc.**
- ☐ Horseradish
- ☐ Jicama
- ☐ **Kohlrabi**
- ☐ **Leeks**
- ☐ Lettuce, all
- ☐ **Microgreens**
- ☐ Mushrooms
- ☐ **Okra**
- ☐ **Onions**
- ☐ Parsley
- ☐ Peppers, all
- ☐ **Radishes**
- ☐ Salsa
- ☐ **Scallions**
- ☐ **Sea vegetables**
- ☐ **Shallots**
- ☐ Snap peas/snow peas
- ☐ **Spinach**
- ☐ **Sprouts, all**
- ☐ Squash: Delicata, pumpkin, spaghetti, yellow, zucchini, etc.
- ☐ Tomato
- ☐ Tomato juice–*¾ c*
- ☐ Turnips
- ☐ Vegetable juice–*¾ c*
- ☐ Water chestnuts
- ☐ **Watercress**

1 serving = ½ c, 1 c raw greens = 25 calories, 5 g carbs

Organic, non-GMO fruits, vegetables, herbs and spices preferred

VEGETABLES Starchy *Carbs*

Servings/day_____

- ☐ Acorn squash (cubed)–*1 c*
- ☐ Butternut squash (cubed)–*1 c*
- ☐ Plantain–*⅓ c or ½ whole*
- ☐ Potato: Purple, red, sweet, yellow–*½ med*
- ☐ Potatoes (mashed)–*½ c*
- ☐ Root vegetables: Parsnip, rutabaga–*½ c*
- ☐ Yam–*½ med*

1 serving = 80 calories, 15 g carbs

Low Glycemic Impact Recommendations

Limit to 1 serving per day

FRUITS *Carbs*

Servings/day_____

Unsweetened, no sugar added

- ☐ **Apple**–*1 sm*
- ☐ Applesauce–*½ c*
- ☐ Apricots–*4*
- ☐ Banana–*½ med*
- ☐ **Blackberries**–*¾ c*
- ☐ **Blueberries**–*¾ c*
- ☐ **Cherries**–*12*
- ☐ Dates or figs–*3*
- ☐ Dried fruit–*2 T*
- ☐ Figs–*3*
- ☐ Grapefruit–*½*
- ☐ **Grapes**–*15*
- ☐ Kiwi–*1 med*
- ☐ **Mango**–*½ sm*
- ☐ Melon, all–*1 c*
- ☐ Nectarine–*1 sm*
- ☐ Orange–*1 sm*
- ☐ Papaya–*1 c*
- ☐ Peach–*1 sm*
- ☐ Pear–*1 sm*
- ☐ Persimmon–*½*
- ☐ Pineapple–*¾ c*
- ☐ Plums–*2 sm*
- ☐ **Pomegranate seeds**–*½ c*
- ☐ Prunes–*3 med*
- ☐ **Raspberries**–*1 c*
- ☐ **Strawberries**–*1¼ c*
- ☐ Tangerines–*2 sm*

1 serving = 60 calories, 15 g carbs

Low Glycemic Impact Recommendations

Limit to 2-3 servings per day. Limit dried fruit and fruit juices

GLUTEN-FREE GRAINS *Carbs*

Servings/day_____

Unsweetened, sprouted, organic preferred

- ☐ Amaranth–*⅓ c*
- ☐ Buckwheat/ kasha–*½ c*
- ☐ Crackers: Nut, rice, seed–*3-4*
- ☐ Millet–*½ c*
- ☐ Oats: Rolled, steel-cut–*½ c*
- ☐ Quinoa– *½ c*
- ☐ Rice: Basmati, black, brown, purple, red, wild–*⅓ c*
- ☐ Teff–*¾ 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

BEVERAGES, SPICES & CONDIMENTS

Unsweetened, no sugar added

- ☐ Black tea
- ☐ Coffee
- ☐ Filtered water
- ☐ Fresh juiced fruits/ vegetables
- ☐ Gingko biloba tea
- ☐ **Green tea**
- ☐ Sparkling/mineral water
- ☐ Unsweetened coconut water
- ☐ Yerba mate
- ☐ Herbs and Spices: Curcumin, marjoram, oregano, sage, etc.
- ☐ Condiments: Lemon/lime juice, miso, mustard, tamari, vinegars, etc.– *use sparingly, suggest 1 T or less per serving*

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.

IFM

20P/60F/20C Distribution

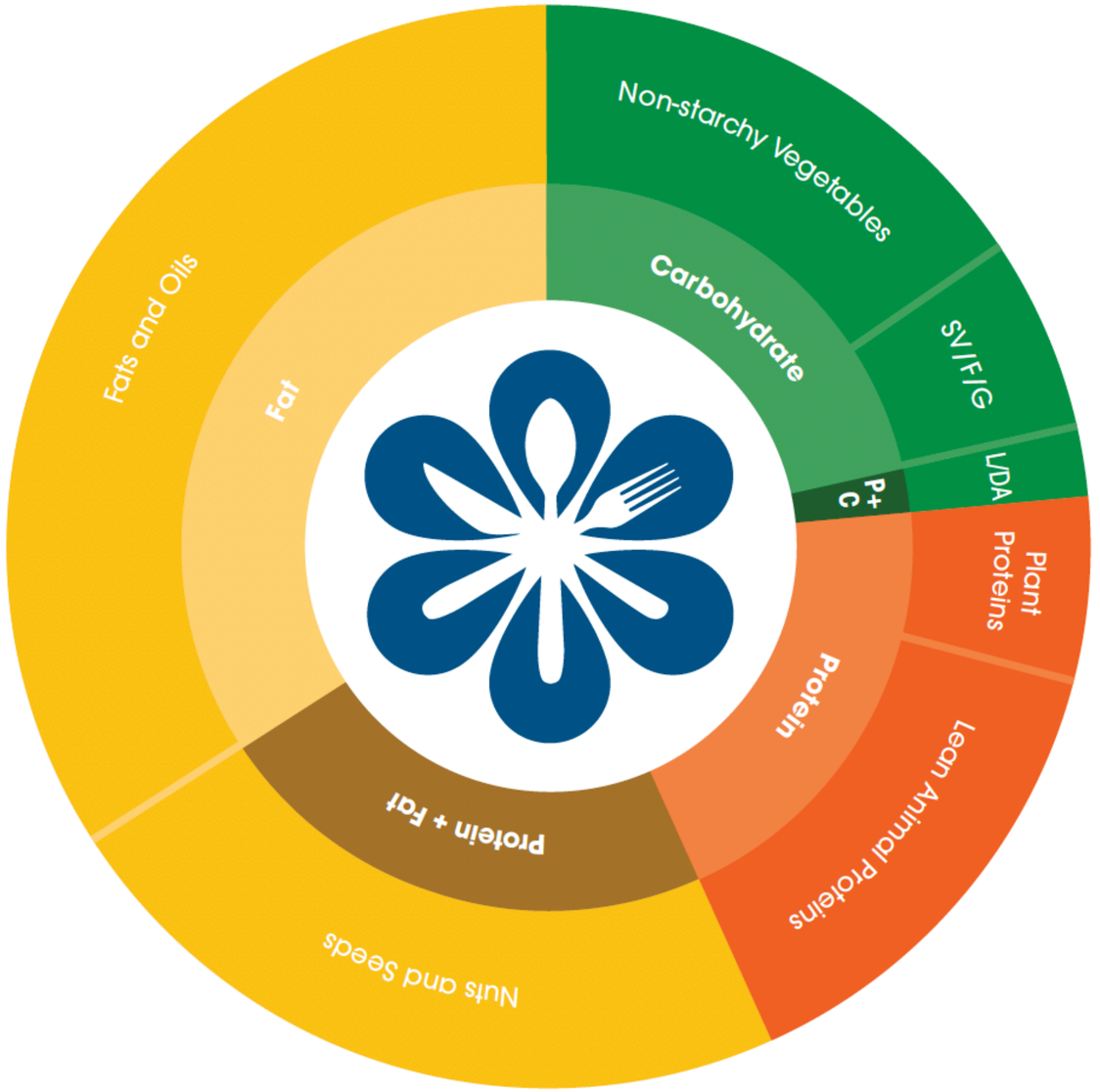
(primarily associated with Mito Food Plan)

Calories	600*	1000–1200	1200–1400	1400–1800	1800–2200	2200–2500
Calorie Guidelines for Females	Fasting	Reduced	Mildly Reduced	Standard	Active	
Calorie Guidelines for Males	Fasting	Reduced	Reduced	Mildly Reduced	Standard	Active
Proteins	6	6	6–8	8–9	9–10	10–12
Legumes **Dairy/Alternatives**	0	0	0	1	1	1–2
Nuts & Seeds	0	4–5	5–6	6–8	8–10	10
Fats & Oils	4	7–8	8–9	9–11	11–15	15–17
Vegetables, non-starchy	4	4	4–6	6	6–7	7–8
Vegetables, starchy **Fruit** **Grains**	0	2	2	2	2–3	3

**The 600 calorie distribution is 32P/55F/13C. This very low-calorie level is recommended only for occasional intermittent fasting days.*

Chart found in Personalizing the IFM Therapeutic Food Plans: Practitioner Guide

20P/60F/20C Macronutrient Distribution



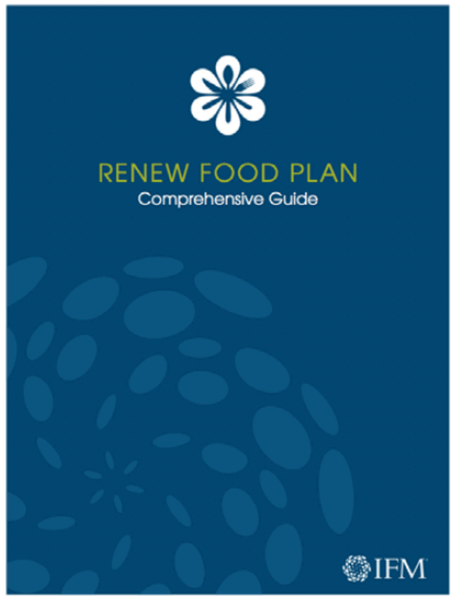
Key

SV/F/G: Starchy Vegetables, Fruits, Grains
L/DA: Legumes, Dairy Alternatives
P+C: Carbohydrate + Protein

What is the ReNew Food Plan?

The ReNew Food Plan prescribed by a Functional Medicine practitioner is a therapeutic, short-term approach followed for a specific amount of time, often used as a first step in:

- ✓ Ridding the body of the most common fooc that cause inflammation
- ✓ Identify food allergies, sensitivities, intolerances, and triggers
- ✓ Eliminate foods with potentially addictive and harmful components
- ✓ Providing nutritional support for the body's detoxification systems



IFM

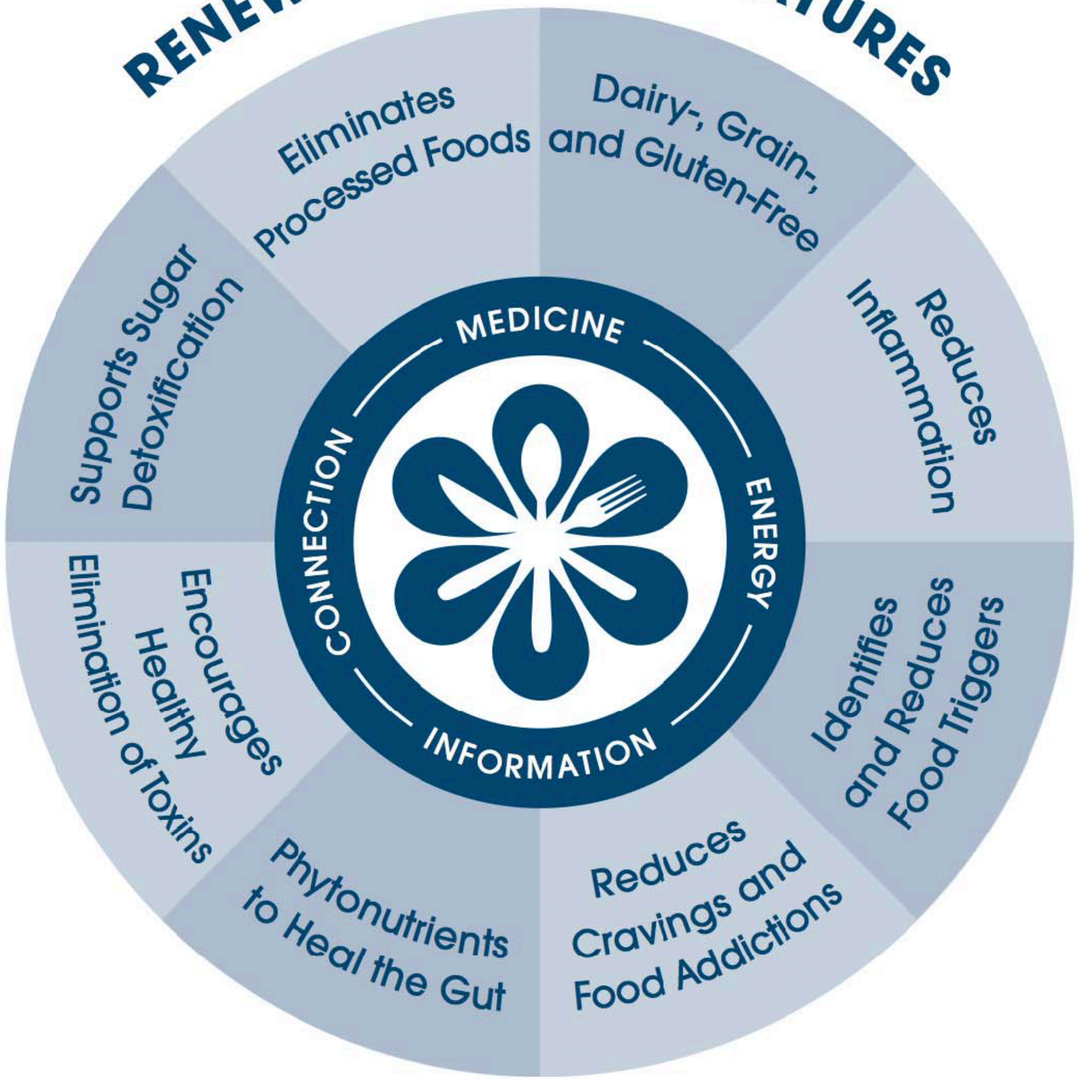
The ReNew Food Plan will help detoxify the body from sugar and enhance overall health by:

- **Decreasing sugar cravings**
- **Providing nutritional support for the facilitation of toxin processing and excretion**
- **Resetting compromised metabolism**
- **Decreasing chronic pain and fatigue levels**
- **Enhancing weight loss**
- **Improving cognitive function and mood**
- **Creating more effective and satisfying sleep cycles**
- **Improving one's sense of wellbeing**

Table 5. Summary of Foods Allowed and Avoided on the ReNew Food Plan

Foods to Eat	Foods to Remove
■ Dairy alternatives	■ Alcohol
■ Eggs	■ Chocolate (except cocoa powder)
■ Fish	■ Coffee
■ Fruits (only those specifically listed)	■ Dairy
■ Healthy fats	■ Grains (all)
■ Lean meats	■ Most legumes
■ Non-starchy vegetables	■ Processed foods
■ Nuts	■ Processed meats
■ Seeds	■ Shellfish and tuna
■ Soy and soy products (only those specifically listed)	■ Soy and soy products (except those specifically listed)
	■ Starchy Vegetables
	■ Sugars and sweeteners
	■ Tea (except green and herbal teas)

RENEW FOOD PLAN FEATURES



ReNew Food Plan

PROTEINS *Proteins*

Servings/day_____

Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred.

Animal Protein:
- ☐ Egg●–*1*
- ☐ Fish: Anchovies,● cod, flounder/sole, herring,● halibut, salmon, sardines,● trout, etc.–*1 oz*
- ☐ Meat: Beef, buffalo, elk, lamb, venison, ostrich, etc.–*1 oz*
- ☐ Poultry (skinless): Chicken, Cornish hen, duck, pheasant, turkey, etc.–*1 oz*

Plant Protein:
- ☐ Black soybeans●–*¼ c*
- ☐ Edamame●–*¼ c*
- ☐ Hemp tofu–*1½ oz*
- ☐ Mung bean/ Edamame pasta●– *½ oz*
- ☐ Natto●▲–*1 oz*
- ☐ Spirulina–*2 T*
- ☐ Tofu (firm/extra firm)●–*1½-2 oz*
- ☐ Tofu (soft/silken)●– *3 oz*
- ☐ Tempeh●▲–*1 oz*

Protein Powder:
- ☐ Check label for # grams/scoop *(1 protein serving = 7g protein)* Bovine collagen, egg,● hemp, pea

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 (size of palm of hand).

DAIRY ALTERNATIVES *Protein*

Servings/day_____

Unsweetened, organic preferred
- ☐ Yogurt: Coconut (plain)●▲–*4-6 oz*
- ☐ Kefir: Coconut (plain)●▲–*4-6 oz*
- ☐ Nut/s… Almon… cocon… hazeln…

1 serving = 25-90 calories, 1-9 g protein, 1-… (nutritional values vary)

NO DAIRY ALLOWED

NUTS & SEEDS *Pro*

Servings/day_____

Unsweetened, unsalted, organic pr…
- ☐ Almonds–*6*
- ☐ Brazil nuts–*2*
- ☐ Cashews●–*6*
- ☐ Chia seeds–*1 T*
- ☐ Coconut (dried)–*3 T*
- ☐ Coconut wraps (raw, vegan)–*1 wrap*
- ☐ Flaxseed (ground)– *2 T*
- ☐ Hazelnuts–*5*
- ☐ Hemp seeds–*1*
- ☐ Macadamias–*2-3*
- ☐ Nut a… butters cashew… pecan, tahini,…
- ☐ Pecan
- ☐ Pine n…
- ☐ Pistach…
- ☐ Pumpk…
- ☐ Sesam…
- ☐ Sunflo… *1 T*
- ☐ Walnu…

1 serving = 45 calories, 5 g fat

NO LEGUMES (Except those specifically listed) and NO GRAINS (Bread, pasta, cereal, oc…

Version 6

VEGETABLES Non-starchy *Carbs*

Servings/day_____

Brassicales (i.e. Cruciferous)
- ☐ Arugula
- ☐ Broccoflower
- ☐ Broccoli
- ☐ Broccoli sprouts
- ☐ Brussels sprouts
- ☐ Cabbage
- ☐ Cauliflower
- ☐ Horseradish
- ☐ Kohlrabi
- ☐ Radishes

Detoxifying Leafy Greens
- ☐ Bok choy
- ☐ Chard/Swiss chard
- ☐ Chervil
- ☐ Cilantro
- ☐ Endive
- ☐ Escarole
- ☐ Greens: Beet, collard, dandelion, kale, mustard, turnip, etc.
- ☐ Microgreens
- ☐ Parsley
- ☐ Radicchio

Thiols
- ☐ Chives
- ☐ Daikon radishes
- ☐ Garlic
- ☐ Leeks
- ☐ Onion
- ☐ Scallions
- ☐ Shallots

Liver & Kidney Support
- ☐ Artichokes
- ☐ Asparagus
- ☐ Celery
- ☐ Sprouts, all

Other Non-Starchy Vegetables
- ☐ Bamboo shoots
- ☐ Bean sprouts
- ☐ Beets (not canned)
- ☐ Carrots
- ☐ Cucumbers
- ☐ Eggplant●■
- ☐ Fennel
- ☐ Green beans
- ☐ Jicama
- ☐ Kimchi●▲
- ☐ Lettuce, all
- ☐ Mushrooms●
- ☐ Okra
- ☐ Peppers, all■
- ☐ Salsa●■
- ☐ Sauerkraut●▲
- ☐ Sea vegetables
- ☐ Shirataki noodles
- ☐ Snap peas/snow peas
- ☐ Spinach●
- ☐ Squash: Delicata, pumpkin,● spaghetti, yellow, zucchini, etc.
- ☐ Tomato●■
- ☐ Turnip
- ☐ Watercress

1 serving = ½ c, 1 c raw greens = 25 calories, 5 g carbs

NO STARCHY VEGETABLES (root vegetables)

Organic, non-GMO fruits, vegetables, herbs and spices preferred

FRUITS *Carbs*

Servings/day_____

Unsweetened, no sugar added
- ☐ Blackberries–*¾ c*
- ☐ Blueberries–*¾ c*
- ☐ Cherries●–*12*
- ☐ Cranberries●–*¾ c*
- ☐ Kiwi–*1 med*
- ☐ Pomegranate seeds–*½ c*
- ☐ Raspberries●–*1 c*
- ☐ Strawberries●–*1¼ c*

1 serving = 60 calories, 15 g carbs

NO OTHER FRUITS ALLOWED

HERBS & SPICES
- ☐ Basil
- ☐ Bay leaf
- ☐ Black pepper
- ☐ Cayenne pepper●■
- ☐ Chili powder●■
- ☐ Cilantro
- ☐ Cinnamon●
- ☐ Cloves●
- ☐ Cacao powder● (100% raw)
- ☐ Coriander seed
- ☐ Cumin
- ☐ Curry powder●■
- ☐ Dill
- ☐ Fenugreek
- ☐ Garlic powder
- ☐ Ginger
- ☐ Himalayan salt
- ☐ Nutmeg●
- ☐ Onion powder
- ☐ Oregano
- ☐ Parsley
- ☐ Paprika●■
- ☐ Pumpkin spice
- ☐ Red curry paste■
- ☐ Rosemary
- ☐ Sage
- ☐ Sea salt
- ☐ Thyme
- ☐ Turmeric
- ☐ Vanilla bean (whole)

BEVERAGES

Unsweetened, no sugar added
- ☐ Broth (organic): Bone,● meat,● vegetable
- ☐ Coconut water kefir●▲
- ☐ Filtered water
- ☐ Seltzer water
- ☐ Tea (decaffeinated):● Green, herbal
- ☐ Vegetable juice (fresh, raw, cold pressed)

NO COFFEE, ALCOHOL, CAFFEINE, SODA

CONDIMENTS
- ☐ Coconut aminos●▲
- ☐ Lemon/lime juice (fresh)●
- ☐ Miso●▲
- ☐ Mustard:● Dijon, stone ground
- ☐ Tamari●▲
- ☐ Vinegars:●▲ Apple cider, balsamic, white, etc.

Use sparingly, suggest 1 T or less per serving.

NO SUGARS, NATURAL SWEETENERS, OR ARTIFICIAL SWEETENERS, INCLUDING (BUT IS NOT LIMITED TO) ASPARTAME, SPLENDA, STEVIA, AND SUGAR ALCOHOLS.

KEY
● High Histamine ■ Nightshades ▲ Fermented Foods

Cleveland Clinic Center for Functional Medicine | IFM

ReNew Food Plan

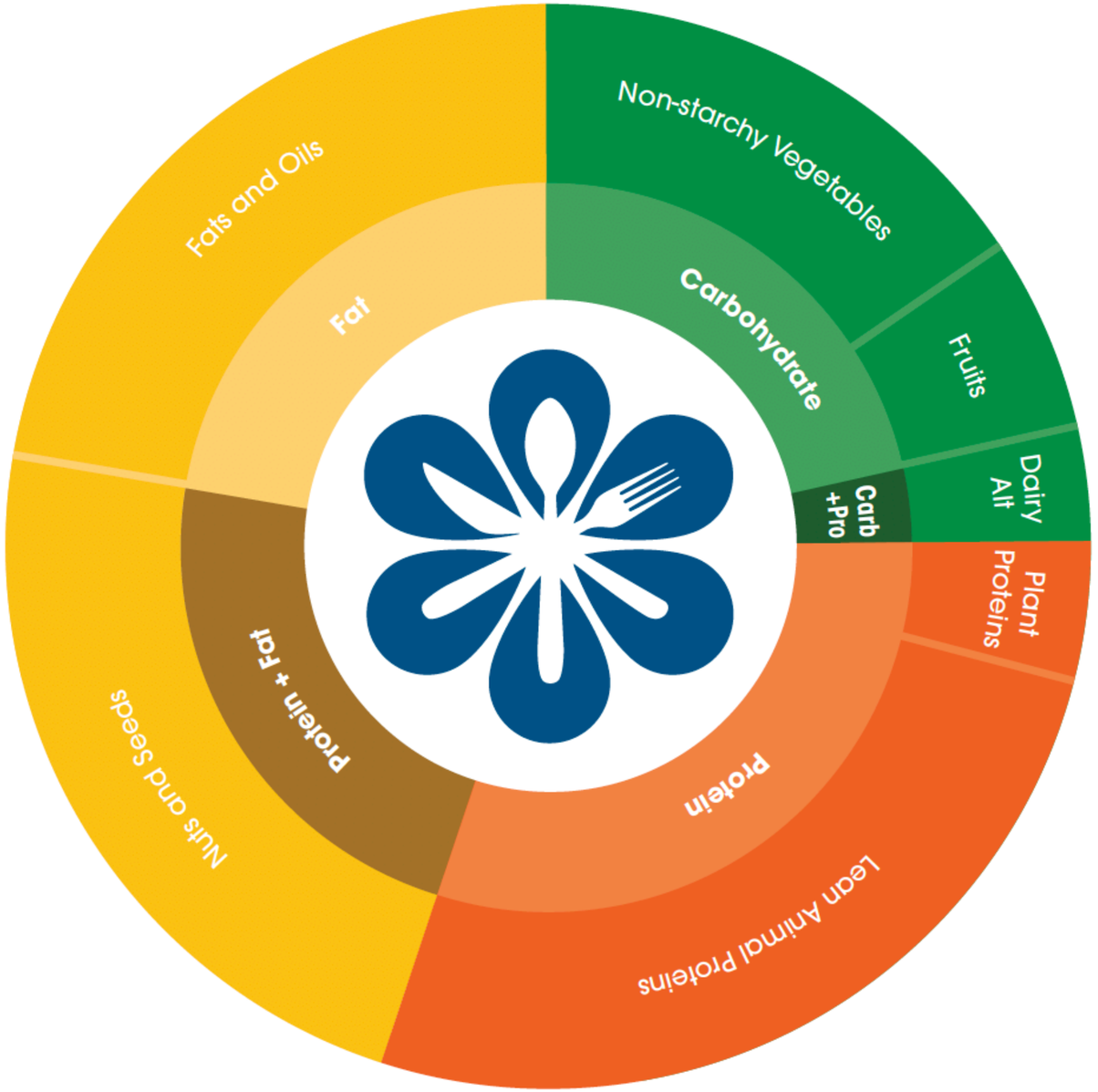
(30P/45F/25C)

Calories	1000–1200	1200–1400	1400–1800	1800–2200	2200–2500
Calorie Guidelines for Females	Reduced	Mildly Reduced	Standard	Active	
Calorie Guidelines for Males		Reduced	Mildly Reduced	Standard	Active
Proteins	6–8	8–10	10–14	14–16	16–18
Legumes	0	0	0	0	0
Dairy/Alternatives	1	1	1	1–2	2–3
Nuts & Seeds	3–4	4	4–6	6–8	8
Fats & Oils	3–4	4–5	5–6	6–7	7–8
Vegetables, non-starchy	10	10	10	10–12	12
Vegetables, starchy	0	0	0	0	0
Fruit	1	1–2	2-2.5	2.5–3	3–4
Grains	0	0	0	0	0

Chart found in Personalizing the IFM Therapeutic Food Plans: Practitioner Guide

IFM

30P/45F/25C Macronutrient Distribution



Anti-Candida Food Plan

PROTEINS *Proteins*

Servings/day_____

Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred.

Animal Protein:

- ☐ Cheese (fresh, unaged): Cottage cheese, goat cheese, mozzarella, ricotta
- ☐ Egg–*1*
- ☐ Fish: Anchovies, cod, flounder/sole, herring, halibut, salmon, sardines, trout, etc.–*1 oz*
- ☐ Meat: Beef, buffalo, elk, lamb, ostrich, pork, venison, etc.–*1 oz*
- ☐ Poultry (skinless): Chicken, Cornish hen, duck, pheasant, turkey, etc.–*1 oz*

Plant Protein:

- ☐ Mung bean/Edamame pasta–*½ oz*
- ☐ Natto–*1 oz*
- ☐ Spirulina–*2 T*
- ☐ **Tofu** (firm/extra firm)–*1½-2 oz*
- ☐ **Tofu** (soft/silken)–*3 oz*
- ☐ **Tempeh**–*1 oz*

Protein Powder:

- ☐ Check label for # grams/scoop *(1 protein serving = 7g protein)* Bovine collagen, egg, hemp, pea

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 (size of palm of hand).

Eliminate

All deli meat, lunchmeat, and processed meats. All cheeses except for those specifically allowed.

LEGUMES *Proteins/Carbs*

Limit servings to 2–3 per day.

Organic, non-GMO preferred. Dried, soaked overnight, and rinsed.

- ☐ **Black soybeans**–*¼ c*
- ☐ **Dried beans, lentils** (cooked)–*½ c*
- ☐ **Edamame**–*¼ c*

1 serving = ½ c = 90–110 calories, 3–7 g protein, 0 fat, 15 g carbs

Eliminate

Peas and peanuts.

NOTE: Consume no more than 1 cup of plant proteins per day.

DAIRY & ALTERNATIVES *Pro*

Servings/day_____

Unsweetened required. Organic and no

Dairy:

- ☐ Kefir (plain)–*6-8 oz*
- ☐ **Yogurt (plain, with live cultures): Cow, sheep, goat**–*6 oz*

Dairy Alt

- ☐ Milk: cocon hazeln
- ☐ Yogur (cultu
- ☐ Kefir: *4-6 oz*

1 dairy serving = 90–150 calories, 7–8 g prote

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

Eliminate

Cow's milk, goat's milk, and all flavored or sweetene

NUTS & SEEDS *P*

Servings/day_____

Unsweetened required. Unsalted and o

- ☐ Almonds–*6*
- ☐ Brazil nuts–*2*
- ☐ Chia seeds–*1 T*
- ☐ Coconut (dried)–*3 T*
- ☐ Coconut wraps (raw, vegan)–*1 wrap*
- ☐ Flaxseed (ground)–*2 T*
- ☐ Hazelnuts–*5*
- ☐ Hemp seeds–*1*
- ☐ Macadamias–*2-3*
- ☐ Nut a Almo macad sunflo walnu
- ☐ Pecan
- ☐ Pine n
- ☐ Pump
- ☐ Sesam
- ☐ Sunflo
- ☐ Walnu

1 serving = 45 calories, 5 g fat

Eliminate

Cashews, peanuts, and pistachios.

VEGETABLES Non-starchy *Carbs*

Servings/day_____

- ☐ Artichokes
- ☐ Arugula
- ☐ Asparagus
- ☐ Bamboo shoots
- ☐ Bean sprouts
- ☐ **Beets** (fresh, cubed)
- ☐ Bok choy
- ☐ Broccoflower
- ☐ Broccoli
- ☐ Broccoli sprouts
- ☐ Brussels sprouts
- ☐ Cabbage
- ☐ **Carrots**
- ☐ Cauliflower
- ☐ Celery
- ☐ Chard/Swiss chard
- ☐ Chervil
- ☐ Chives
- ☐ Cilantro
- ☐ Cucumbers
- ☐ Daikon radishes
- ☐ Eggplant
- ☐ Endive
- ☐ Escarole
- ☐ Fennel
- ☐ Garlic
- ☐ Greens: Beet, collard, dandelion, kale, mustard, turnip, etc.
- ☐ Green beans
- ☐ Horseradish (additive-free)
- ☐ Jicama
- ☐ Kohlrabi
- ☐ Leeks
- ☐ Lettuce, all
- ☐ Radishes
- ☐ Microgreens
- ☐ Okra
- ☐ Onion
- ☐ Parsley
- ☐ Peppers, all
- ☐ Radicchio
- ☐ Salsa
- ☐ Sea vegetables
- ☐ Scallions
- ☐ Shallots
- ☐ Snap peas/snow peas
- ☐ Spinach
- ☐ Sprouts, all
- ☐ Squash: **Delicata, pumpkin**, spaghetti, **yellow**, zucchini, etc.
- ☐ Tomato
- ☐ Turnip
- ☐ Watercress

1 serving = ½ c, 1 c raw greens = 25 calories, 5 g carbs

Eliminate

Corn, fermented foods (kimchi, pickles, saurkraut), mushrooms, potatoes, yams, and other root vegetables, and starchy vegetables.

Organic, non-GMO fruits, vegetables, herbs and spices preferred

NO SUGARS, NATURAL SWEETENERS, OR ARTIFICIAL SWEETENERS, INCLUDING (BUT NOT LIMITED TO) ASPARTAME, SPLENDA, STEVIA, AND SUGAR ALCOHOLS.

FRUITS *Carbs*

Limit servings to 1–2 per day.

Unsweetened, no sugar added

- ☐ **Apple, green**–*1 sm*
- ☐ **Apricots**–*4*
- ☐ Blackberries–*½ c*
- ☐ Blueberries–*½ c*
- ☐ Cranberries–*½ c*
- ☐ **Grapefruit**–*½ c*
- ☐ **Huckleberries**–*½ c*
- ☐ **Peach**–*1 sm*
- ☐ **Pomegranate seeds**–*½ c*
- ☐ Raspberries–*1 c*
- ☐ Strawberries–*1 c*

1 serving = 60 calories, 15 g carbs

Eliminate

All fruits not specifically listed above, all dried fruits, and all fruit juice.

HERBS & SPICES

- ☐ Basil
- ☐ Bay leaf
- ☐ Black pepper
- ☐ Cayenne pepper
- ☐ Chili powder
- ☐ Cilantro
- ☐ Cinnamon
- ☐ Cloves
- ☐ Cacao powder (100% raw)
- ☐ Coriander seed
- ☐ Cumin
- ☐ Curry powder
- ☐ Dill
- ☐ Fenugreek
- ☐ Garlic powder
- ☐ Ginger
- ☐ Himalayan salt
- ☐ Nutmeg
- ☐ Onion powder
- ☐ Oregano
- ☐ Parsley
- ☐ Paprika
- ☐ Pumpkin spice
- ☐ Red curry paste
- ☐ Rosemary
- ☐ Sage
- ☐ Sea salt
- ☐ Thyme
- ☐ Turmeric
- ☐ Vanilla bean (whole)

WHOLE GRAINS (100%)

Limit to 1 serving per day.

Unsweetened required. Sprouted, organic preferred.

Gluten Free:

- ☐ **Amaranth**–*⅓ c*
- ☐ **Buckwheat/Kasha**–*½ c*
- ☐ **Millet**–*½ c*
- ☐ **Oats: Rolled, whole**–*½ c*
- ☐ **Quinoa**–*½ c*
- ☐ **Rice: Brown, wild**–*⅓ c*

Gluten Containing:

- ☐ **Barley**–*⅓ c*
- ☐ **Rye**
- ☐ **Wheat**
- ☐ **Spelt**–*⅓ c*

Individual portions:

- ☐ **Bread**–*1 slice*
- ☐ **Cereal**–*½ c*
- ☐ **Granola** (homemade)–*3 T*
- ☐ **Pasta**–*⅓ c*
- ☐ **Tortilla**–*1, 6 in 1 serving = 75-110 calories, 15 g carbs*

All grain servings are for cooked amounts.

1 serving = 60 calories, 15 g carbs

Eliminate

Corn products: chips, grits, polenta, tortilla, etc. Refined grain products (white bread, sweetened cereals, multi-grain cereals, sweetened baked goods, etc.) and yeast breads.

BEVERAGES

Unsweetened, no sugar added

- ☐ Broth (organic): Bone, meat, vegetable
- ☐ Coconut water kefir
- ☐ Filtered water
- ☐ Seltzer water
- ☐ Tea (decaffeinated): Herbal
- ☐ Vegetable juice (fresh, raw, cold pressed)

Eliminate

Alcohol, caffeine, coffee, energy drinks, fruit juices, soda, and tea (green & black).

CONDIMENTS

- ☐ Coconut aminos
- ☐ Ketchup (sugar-free)
- ☐ Lemon/lime juice (fresh)
- ☐ Miso
- ☐ Mustard: Dijon, stone ground
- ☐ Tamari
- ☐ Vinegars: Apple cider

Use sparingly, suggest 1 T or less per serving.

Eliminate

Ketchup (sweetened), mayonnaise, relish, soy sauce, tamari, vinegar (all except apple cider), all brined or sweetened products.

Items in orange indicate foods to eliminate when following a more strict version of the Anti-Candida Food Plan.

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.

IFM

Version 1

Low-FODMAP Food Plan

PROTEINS *Proteins*

Servings/day_____

Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred. Canned meats are allowed if cans are BPA-free and if the meat is free of high-FODMAP fillers.

Animal Protein:

- ☐ Cheese (hard): cheddar, colby, feta, havarti, manchego, Pecorino, Swiss–*½ oz*
- ☐ Cheese (soft): brie, Camambert, chevre, goat cheese, mozzarella–*1 oz*
- ☐ Cottage cheese (dry curd)–*¼ c*
- ☐ Cream cheese–*2 T*
- ☐ Parmesan cheese–*2 T*
- ☐ Ricotta cheese–*2 T*
- ☐ Egg–*1, or 2 egg whites*
- ☐ Fish/shellfish: Anchovies, clams, cod, flounder, halibut, salmon, sardines, trout, tuna, etc.–*1 oz*
- ☐ Meat: beef, buffalo, elk, lamb, pork, venison, other wild game–*1 oz*
- ☐ Poultry (skinless): Chicken, Cornish hen, duck, pheasant, turkey, etc.–*1 oz*

Plant Protein:

- ☐ Spirulina–*2 T*
- ☐ Tempeh–*1 oz*
- ☐ Tofu (firm/extra firm)–*1½-2 oz*

Protein Powder:

- ☐ Check label for # grams/scoop (*1 protein serving=7 g*) Bovine collagen, egg, hemp, whey protein isolate

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 (size of palm of hand).

LEGUMES *Proteins/Carbs*

Servings/day_____

Organic, non-GMO preferred

- ☐ Black beans (canned only)–*¼ c*
- ☐ Green peas (cooked)–*⅛ c*
- ☐ Chickpeas (canned only)–*¼ c*
- ☐ Hummus–*1 T*
- ☐ Mung beans (cooked)–*¼ c*

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

Version 1

DAIRY & ALTERNATIVES

Servings/day_____

Unsweetened, organic preferred

Dairy:

- ☐ Milk (plain): Lactose-free cow, goat–*8 oz*
- ☐ Yogurt (plain): Lactose-free cow, goat–*4-6 oz*

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

1 dairy alternative serving = 25–90 calc

1–4 g carbs (nutritional values vary)

Eliminate

Buttermilk, evaporated milk, goat milk, heavy c cream, soy milk, sweetened condensed milk, and any other lactose-containing dairy produ high-FODMAP sweeteners and additives. Unsw alternatives are preferred.

NUTS & SEEDS

Servings/day_____

Unsweetened, unsalted, organic

- ☐ Almonds–*6*
- ☐ Brazil nuts–*2*
- ☐ Chia seeds–*1 T*
- ☐ Chestnuts–*5*
- ☐ Coconut (fresh)–*⅓ c*
- ☐ Coconut (dried, shredded)–*3 T*
- ☐ Flax seeds–*½ T*
- ☐ Hazelnuts–*5*
- ☐ Macadamias–*2-3*
- ☐ Nut and seed butters: Almond, tahini (sesame seed)–*½ T*

1 serving = 45 calories, 5 g fat

Eliminate

Cashews and pistachios.

VEGETABLES Non-starchy *Carbs*

Servings/day_____

- ☐ Artichoke hearts (canned)–*⅛ c*
- ☐ Arugula
- ☐ Asparagus–*1 spear*
- ☐ Bamboo shoots
- ☐ Beets (cubed)–*¼ c*
- ☐ Bok choy
- ☐ Broccoli–*¼ c*
- ☐ Cabbage: Green, purple, Savoy
- ☐ Carrots
- ☐ Celeriac root
- ☐ Celery–*¼ med stalk*
- ☐ Chard/Swiss chard
- ☐ Chervil
- ☐ Chives
- ☐ Cilantro
- ☐ Cucumbers
- ☐ Daikon radishes
- ☐ Eggplant
- ☐ Endive
- ☐ Escarole
- ☐ Fennel
- ☐ Fermented vegetables: Kimchi, sauerkraut–*1 T*
- ☐ Green beans
- ☐ Greens: Beet, collard, kale, mustard, turnip, etc.
- ☐ Ginger root–*1 t*
- ☐ Horseradish
- ☐ Kohlrabi
- ☐ Lettuce, all
- ☐ Microgreens
- ☐ Parsley
- ☐ Parsnips
- ☐ Peppers, all
- ☐ Pumpkin (canned only)–*¼ c*
- ☐ Radicchio
- ☐ Radishes
- ☐ Scallions (green part only)–*2 T*
- ☐ Sea vegetables
- ☐ Snow peas–*5 pods*
- ☐ Spinach
- ☐ Sprouts: Alfalfa, bean
- ☐ Squash: Delicata, chayote, spaghetti, yellow, zucchini
- ☐ Tomato
- ☐ Tomato juice–*¾ c*
- ☐ Tomato paste, sauce (unsweetened)
- ☐ Turnips
- ☐ Vegetable juice–*¾ c*
- ☐ Water chestnuts
- ☐ Watercress

1 serving = ½ c, 1 c raw greens = 25 calories, 5 g carbs

Eliminate

Bittermelon, Brussels sprouts, cauliflower, dandelion greens, garlic, jicama, leeks, mushrooms, okra, onion, shallots, sugar snap peas, sunchokes (Jerusalem artichokes), and sweet corn.

VEGETABLES Starchy *Carbs*

Servings/day_____

- ☐ Acorn squash (cubed)–*1 c*
- ☐ Butternut squash (cubed)–*¼ c*
- ☐ Plantain–*⅓ c or ½ whole*
- ☐ Potato: Purple, red, sweet, yellow–*½ med*
- ☐ Potatoes (mashed)–*½ c*
- ☐ Root vegetables: Parsnip, rutabaga, taro, turnip–*½ c*
- ☐ Yam–*½ med*

1 serving = 80 calories, 15 g carbs

Organic, non-GMO fruits, vegetables, herbs and spices preferred

FRUITS *Carbs*

Servings/day_____

Unsweetened, no sugar added

- ☐ Banana–*½ med*
- ☐ Blueberries–*¾ c*
- ☐ Cranberries–*¾ c*
- ☐ Dried fruit: Cranberries, currants, Goji berries, papaya, pineapple, raisins–*1 T*
- ☐ Grapefruit–*½ med*
- ☐ Grapes–*15*
- ☐ Guava–*1 med*
- ☐ Kiwi–*1 med*
- ☐ Melon, all–*1 c*
- ☐ Orange–*1 sm*
- ☐ Papaya–*1 c*
- ☐ Passionfruit–*1 med*
- ☐ Pineapple–*¾ c*
- ☐ Pomegranate seeds–*¼ c*
- ☐ Raspberries–*1 c*
- ☐ Rhubarb–*1 c*
- ☐ Starfruit–*1 med*
- ☐ Strawberries–*1¼ c*
- ☐ Tangerines–*2 sm*

1 serving = 60 calories, 15 g carbs

Eliminate

Apples, applesauce, apricots, blackberries, boysenberries, cherries, dates, figs, lychee, mango, nectarines, peaches, pears, persimmon, plums, prunes, watermelon, and all canned fruit.

WHOLE GRAINS (100%) *Carbs*

Servings/day_____

Unsweetened, organic preferred

Gluten Free:

- ☐ Amaranth–*¼ c*
- ☐ Buckwheat–*½ c*
- ☐ Cereal: Corn, quinoa–*½ c*
- ☐ Cous cous: Corn, rice–*¼ c*
- ☐ Flours: Buckwheat, corn, cornstarch, millet, quinoa, rice, teff, potato, tapioca
- ☐ Grits: corn (polenta)–*½ c*
- ☐ Millet–*½ c*
- ☐ Oats: quick (rolled)–*¼ c*
- ☐ Oats: steel-cut–*½ c*
- ☐ Quinoa–*½ c*
- ☐ Popcorn–*1 c*
- ☐ Rice: Basmati, black, brown, purple, red, white, wild–*⅓ c*
- ☐ Sorghum–*⅓ c*
- ☐ Teff–*¼ c*

Gluten Containing:

- ☐ Bulgur–*¼ c*
- ☐ Spelt–*¼ c*

Individual portions:

- ☐ Bread–*1 slice*
- ☐ Pasta–*⅓ c*
- ☐ Tortilla–*1, 6 in*

All grain servings are for cooked amounts.

1 serving = 75–110 calories, 15 g carbs

Eliminate

Eliminate any breads, cereals, crackers, pastas, etc., made from wheat, rye, and barley. This includes cous cous (wheat), flour tortillas, freekeh, granola mixes, naan, Roti, sprouted bread.

BEVERAGES, SPICES & CONDIMENTS

Unsweetened, no sugar added

- ☐ Filtered water
- ☐ Sparkling/mineral water
- ☐ Coconut water–*4 oz*
- ☐ Coffee
- ☐ Fruit juice: Orange, cranberry–*4 oz*
- ☐ Tea: Black, chai green, peppermint, white
- ☐ Tea (diluted): Chamomile, herbal, oolong
- ☐ Cacao powder
- ☐ Cocoa powder
- ☐ Herbs: basil, cilantro, curry leaves, kafir lime, lemongrass, mint, parsley, rosemary, sage, tarragon, thyme, watercress
- ☐ Spices, all
- ☐ Condiments: Fish sauce, ketchup (unsweetened), lemon/lime juice, miso paste, mustard, vinegar (apple cider, balsamic, rice wine), Worchestershire sauce–*use sparingly, suggest 1 T or less per serving*

Approved sweeteners: Maple syrup, molasses, Stevia—*use sparingly, suggest 1 t.*

Eliminate

Artificial sweeteners, dandelion tea, fruit juice (except those listed), garlic salt, honey, and onion salt.

Items in orange indicate moderate- and high-FODMAP foods that may be tolerated in reduced serving sizes, as specified. Limit orange foods to a maximum 1 serving from each food category daily.

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.

IFM®

Specific Carbohydrate Diet Food Plan

PROTEINS *Proteins*

Servings/day_____

Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred. Canned fish is allowed if cans are BPA-free, and if the fish is canned in water only. Only cheeses aged 30 days or more that have a bacterial culture involved in production (are not manufactured) are allowed.

Animal Protein:

- ☐ Cheese: Cheddar, colby, gruyere, havarti, manchego, provolone, Swiss–*½ oz*
- ☐ **Cheese: Asiago, blue, brie, camembert, edam, gorganzola, gouda, limburger, Monterey jack, muenster, romano**–*1 oz*
- ☐ **Parmesan cheese**–*2 T*
- ☐ Egg–*1, or 2 egg whites*
- ☐ **Bacon** (crispy, sugar-free)–*1 oz*
- ☐ Fish/shellfish: Anchovies, clams, cod, flounder, halibut, salmon, sardines, trout, tuna, etc.–*1 oz*
- ☐ Meat: beef, buffalo, elk, lamb, offal, pork, venison, other wild game–*1 oz*
- ☐ Poultry (skinless): Chicken, Cornish hen, duck, pheasant, turkey, etc.–*1 oz*

Protein Powder:

- ☐ Check label for # grams/scoop *(1 protein serving = 7g protein)* Bovine collagen, egg, hemp, whey protein isolate

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 (size of palm of hand)

Eliminate

All canned, processed, smoked, and sugar-cured meats, including deli meat, lunchmeat, hot dogs, turkey loaf, and spiced ham. Cheese: processed cheese, chevre, cottage cheese, mozzarella, Neufchatel, and ricotta. Plant proteins: tofu and other soy-based proteins, and spirulina. Protein powder: hemp, soy, and any blends with algae, aloe vera, pectin, psyllium husks, chlorella, or any other noncompliant ingredients.

NO MUCILAGINOUS FOODS and NO GRAINS (bread, cereal, crackers, oats, pasta, etc.) are permitted.

LEGUMES

Servings/day_____

Organic, non-GMO preferred. M overnight hours, and rinsed. Cl through the soaking process.

- ☐ **Black beans**
- ☐ **Kidney beans**
- ☐ **Lentils**
- ☐ **Lima beans**

1 serving = ½ c = 90–110 calories, 3–7

Eliminate

All bean and lentil flours, black eyed peas, butte (garbanzo beans), Fava beans, mung bea

DAIRY ALTERNATIVES

Servings/day_____

Unsweetened required, organic c

- ☐ Milk: Almond, **coconut**–*8 oz*

1 dairy serving = 90–150 calories, 7–8

1 dairy alternative serving = 25–90 cc

1–4 g carbs (nutritional values vary)

Eliminate

Buttermilk, cream cheese, cream (heavy), c milk, ice cream, kefir, milk (lactose-free and soy-based cheeses and sour creams, soy m Any commercial dairy alternatives containi carrageenan, guar gum, and xantham gur

NUTS & SEEDS

Servings/day_____

Raw, unroasted, unsalted, unswe Organic preferred. Use only as fl symptoms resolve.

- ☐ Almonds–*6*
- ☐ Brazil nuts–*2*
- ☐ Cashews–*6*
- ☐ Chestnuts (soaked, cooked until soft)–*5*
- ☐ Coconut (fresh)–*⅓c*

VEGETABLES Non-starchy *Carbs*

Servings/day_____

Unsweetened, no sugar added. Fresh or frozen required. All vegetables must be well-cooked (steamed, baked, broiled, sautéed, etc.) until gastrointestinal symptoms resolve.

- ☐ Artichoke hearts
- ☐ Arugula
- ☐ Asparagus
- ☐ Bamboo shoots
- ☐ Beets (cubed)
- ☐ **Black radish**
- ☐ **Bok choy**
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Cabbage (green, purple, Savoy)
- ☐ Carrots
- ☐ Celeriac root
- ☐ **Chard/Swiss chard**
- ☐ Chervil
- ☐ Chives
- ☐ Cilantro
- ☐ Cucumbers
- ☐ Eggplant
- ☐ Endive
- ☐ Escarole
- ☐ Fennel
- ☐ Fermented vegetables (unsweetened, additive-free): **Kimchi**, dill pickles, **sauerkraut**–*1 T*
- ☐ Garlic
- ☐ Ginger–*1 t*
- ☐ Green beans
- ☐ Greens: Beet, collard, kale, mustard, turnip, etc.
- ☐ Horseradish
- ☐ Leek
- ☐ Lettuce, all
- ☐ Microgreens
- ☐ Parsley
- ☐ Parsnips
- ☐ Peppers, all
- ☐ Radicchio
- ☐ Radishes
- ☐ Scallions
- ☐ Snow peas
- ☐ Spinach
- ☐ Squash: Delicata, chayote, pumpkin, spaghetti, yellow, zucchini
- ☐ Tomato
- ☐ Tomato juice (salted)–*¾ c*
- ☐ Vegetable juice–*¾ c*
- ☐ Watercress

1 serving = ½ c, 1 c raw greens = 25 calories, 5 g carbs

Eliminate

All canned vegetables, including tomato paste, puree, and sauce. Eliminate bean sprouts, celery, jicama, kohlrabi, nettles, okra, sea vegetables (seaweed), sunchokes (Jerusalem artichokes), vegetable juice (commercial), and water chestnuts.

VEGETABLES Starchy *Carbs*

Servings/day_____

Unsweetened, no sugar added. Fresh or frozen required. All vegetables must be well-cooked (steamed, baked, broiled, sautéed, etc.) until gastrointestinal symptoms resolve.

- ☐ Acorn squash (cubed)–*1 c*
- ☐ Butternut squash (cubed)–*1 c*
- ☐ **Rutabaga**–*½ c*

1 serving = ½ c, 1 c raw greens = 25 calories, 5 g carbs

Eliminate

All canned vegetables. Eliminate parsnip, potatoes (all), shirataki noodles, taro, turnip, yam, and yucca.

FRUITS *Carbs*

Servings/day_____

Unsweetened, no sugar added. If moderate to severe digestive issues persist, cook all (except ripe bananas) until gastrointestinal symptoms resolve.

- ☐ Apples (peeled)–*1 sm*
- ☐ Apricots–*4*
- ☐ Banana (ripe with black spots)–*½ med*
- ☐ Blackberries–*¾ c*
- ☐ Blueberries–*¾ c*
- ☐ Cherries–*12*
- ☐ Cranberries–*¾ c*
- ☐ Dates or **figs**–*3*
- ☐ **Dried fruit: Cranberries, currants, Goji berries, papaya, pineapple, raisins**–*2 T*
- ☐ Grapefruit–*½ med*
- ☐ Grapes–*15*
- ☐ Guava–*1 med*
- ☐ Kiwi–*1 med*
- ☐ Mango–*½ sm*
- ☐ Melon, all–*1 c*
- ☐ Nectarine–*1 sm*
- ☐ Orange–*1 sm*
- ☐ Papaya–*1 c*
- ☐ Passionfruit–*1 med*
- ☐ Peach–*1 sm*
- ☐ Pear–*1 sm*
- ☐ Pineapple–*¾ c*
- ☐ Persimmon–*½ med*
- ☐ Plums–*2 sm*
- ☐ **Pomegranate seeds**–*¼ c*
- ☐ Prunes–*3 med*
- ☐ Raspberries–*1 c*
- ☐ Rhubarb–*1 c*
- ☐ Starfruit–*1 med*
- ☐ Strawberries–*1¼ c*
- ☐ Tangerines–*2 sm*

1 serving = 60 calories, 15 g carbs

Eliminate

Canned fruit and frozen fruit juice from concentrate.

HERBS & SPICES

- ☐ Allspice
- ☐ Basil
- ☐ Bay leaf
- ☐ Cilantro
- ☐ Cinnamon
- ☐ Nutmeg
- ☐ Oregano
- ☐ Paprika
- ☐ Rosemary
- ☐ Sage
- ☐ Tarragon
- ☐ Thyme

Eliminate

Bouillon cubes, cocoa powder, fenugreek, all spice mixes, all sweeteners, and all mucilaginous herbs. All baking and leavening agents: arrowroot powder, baker's yeast, baking powder, cornstarch, cream of tartar, etc. Any food item with MSG, maltodextrin, or "natural flavors" listed as an ingredient.

Organic, non-GMO fruits, vegetables, herbs and spices preferred

BEVERAGES

Unsweetened, no sugar added

- ☐ Filtered water
- ☐ Sparkling/mineral water
- ☐ **Coconut water**–*4 oz*
- ☐ Coffee (weak)
- ☐ **Fruit juice (diluted): grapefruit, orange**
- ☐ Tea: green, peppermint, spearmint–*limit 2 cups per day*

Eliminate

Aloe vera juice, beer, brandy, decaffeinated coffee, decaffeinated tea, and instant coffee. All teas containing astragalus, bark, burdock root, carob, chicory root, cordials, licorice root, liqueurs, liquid chlorophyll, marshmallow root, and slippery elm. All commercial dairy alternatives containing thickeners like agar-agar, carrageenan, guar gum, and xantham gum.

CONDIMENTS

Unsweetened, no sugar added

- ☐ Fish sauce
- ☐ Honey–*1 t*
- ☐ Ketchup (unsweetened)
- ☐ Lemon/lime juice
- ☐ Mustard
- ☐ Vinegar (homemade preferred): Apple cider, **balsamic**
- ☐ Wasabi (additive-free)

Eliminate

Ketchup (sweetened), miso, tamari, tamarind, vinegar (sweetened), soy sauce. All sweeteners except those listed, including agave syrup, bee pollen, maple syrup, molasses, and stevia.

Items in orange should be removed in Phase 1, and added back into the diet with caution only after gastrointestinal symptoms have resolved.

Items in red should be removed for six months and added back into the diet with caution, and only on occasion (1-3 servings per week).

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.

IFM

Phytonutrient Spectrum Foods

RED

Foods
Apples
Beans *(adzuki, kidney, red)*
Beets
Bell peppers
Blood oranges
Cranberries
Cherries
Grapefruit *(pink)*
Goji berries
Grapes
Onions
Plums
Pomegranate
Potatoes
Radicchio
Radishes
Raspberries
Strawberries
Sweet red peppers
Rhubarb
Rooibos tea
Tomato
Watermelon

Benefits
Anti-cancer
Anti-inflammatory
Cell protection
Gastrointestinal health
Heart health
Hormone health
Liver health

ORANGE

Foods
Apricots
Bell peppers
Cantaloupe
Carrots
Mango
Nectarine
Orange
Papaya
Persimmons
Pumpkin
Squash *(acorn, buttercup, butternut, winter)*
Sweet potato
Tangerines
Tumeric root
Yams

Benefits
Anti-cancer
Anti-bacterial
Immune health
Cell protection
Reduced mortality
Reproductive health
Skin health
Source of vitamin A

YELLOW

Foods
Apple
Asian pears
Banana
Bell peppers
Corn
Corn-on-the-cob
Ginger root
Lemon
Millet
Pineapple
Starfruit
Succotash
Summer squash

Benefits
Anti-cancer
Anti-inflammatory
Cell protection
Cognition
Eye health
Heart health
Skin health
Vascular health

GREEN

Foods
Apples
Artichoke
Asparagus
Avocado
Bamboo sprouts
Bean sprouts
Bell peppers
Bitter melon
Bok choy
Broccoli
Broccolini
Brussels sprouts
Cabbage
Celery
Cucumbers
Edamame/Soy beans
Green beans
Green peas
Green tea
Greens *(arugula, beet, chard/swiss chard, collard, dandelion, kale, lettuce, mustard, spinach, turnip)*
Limes
Okra
Olives
Pears
Snow peas
Watercress
Zucchini

Benefits
Anti-cancer
Anti-inflammatory
Brain health
Cell protection
Skin health
Hormone balance
Heart health
Liver health

BLUE/PURPLE/BLACK

Foods
Bell peppers
Berries *(blue, black, boysenberries, huckleberries, marionberries)*
Cabbage
Carrots
Cauliflower
Eggplant
Figs
Grapes
Kale
Olives
Plums
Potatoes
Prunes
Raisins
Rice *(black or purple)*

Benefits
Anti-cancer
Anti-inflammator
Cell protection
Cognitive health
Heart health
Liver health

WHITE/TAN/BROWN

Foods
Apples
Applesauce
Bean dips
Cauliflower
Cocoa
Coconut
Coffee
Dates
Garlic
Ginger
Jicama
Legumes *(chickpeas, dried beans or peas, hummus, lentils, peanuts, refried beans / low-fat)*
Mushrooms
Nuts *(almonds, cashews, peans, walnuts)*
Onions
Pears
Sauerkraut
Seeds *(flax, hemp, pumpkin, sesame, sunflower)*
Shallots
Soy
Tahini
Tea *(black, white)*
Whole grains *(barley, brown, rice, oat, quinoa, rye, spelt, wheat)*

Benefits
Anti-cancer
Anti-microbial
Cell protection
Gastrointestinal health
Heart health
Hormone health
Liver health

IFM

Version 3

SO HOW DO I KNOW WHICH NUTRITIONAL PLAN IS RIGHT FOR ME?

WE DO A COMPLETE
NUTRITIONAL EVALUATION
AND PLAN YOUR
PERSONALIZED
LIFESTYLE AND NUTRITION PLAN

Eating Your Way To Optimal Wellness