



Cardiometabolic Food Plan – Metric

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)–30 g
- Cheese (hard)–15 g
- Cottage cheese (low-fat)– 55 g
- Feta cheese (low-fat)–30 g
- Parmesan cheese–2 T
- Ricotta cheese (low-fat)–60 g
- Egg–1; or 2 egg whites
- Fish/Shellfish:**
Halibut, herring, mackerel, salmon, sardines, tuna, etc.–30 g
- Meat: Beef, buffalo, elk, lamb, venison, other wild game–30 g

1 serving as listed = 35-75 calories, 5-7 g protein, 3-5 g fat, 0-4 g carbs
Average protein serving is 85-113 g (size of palm of hand).

LEGUMES

Proteins/Carbs

Servings/day _____

Organic, non-GMO preferred

- Bean soups–185 ml
- Black soybeans** (cooked)–86 g
- Dried beans, lentils, peas (cooked)–40 g
- Edamame** (cooked)–77 g
- Flour, legume–25 g
- Green peas (cooked)–80 g

- Hummus or other bean dips–82 g
 - Refried beans, vegetarian–60 g
- 1 serving = 90-110 calories, 3-7 g protein, 0 fat, 15 g carbs

DAIRY & ALTERNATIVES *Proteins/Carbs*

Servings/day _____

Unsweetened, organic preferred

Dairy:

- Milk: Cow, goat–225 g
- Kefir** (plain)–175-225 g
- Yogurt, Greek** (plain)–175 g

Dairy Alternatives:

- Milk: Almond, coconut, flaxseed, hazelnut, hemp, oat, **soy**–225 g
- Yogurt:** Coconut or **soy** (cultured)–115-175 g

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 _____

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 _____

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)–30 g
- 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
- 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

1 serving = 45 calories, 5 g fat

Items in blue indicate preferred therapeutic foods

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

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



VEGETABLES Non-starchy

Carbs

Servings/day _____

- | | |
|---|---|
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Horseradish |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Jicama |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Kohlrabi |
| <input type="checkbox"/> Bamboo shoots | <input type="checkbox"/> Leeks |
| <input type="checkbox"/> Beets (cubed) | <input type="checkbox"/> Lettuce, all |
| <input type="checkbox"/> Bok choy | <input type="checkbox"/> Microgreens |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Broccoli sprouts | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Peppers, all |
| <input type="checkbox"/> Celeriac root | <input type="checkbox"/> Radicchio |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Radishes |
| <input type="checkbox"/> Chard/Swiss chard | <input type="checkbox"/> Salsa |
| <input type="checkbox"/> Chervil | <input type="checkbox"/> Scallions |
| <input type="checkbox"/> Chinese cabbage | <input type="checkbox"/> Sea vegetables |
| <input type="checkbox"/> Chives | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Snap peas/snow peas |
| <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Daikon radishes | <input type="checkbox"/> Sprouts, all |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Squash: Delicata, pumpkin, spaghetti, yellow, zucchini, etc. |
| <input type="checkbox"/> Endive | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Escarole | <input type="checkbox"/> Tomato juice –185 ml |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Fermented vegetables: Kimchi, pickles, sauerkraut, etc. | <input type="checkbox"/> Vegetable juice –185 ml |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Water chestnuts |
| <input type="checkbox"/> Green beans | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Greens: Beet, collard, dandelion, kale, mustard, turnip, etc. | |

1 serving = about 50 g = 25 calories, 5 g carbs

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

VEGETABLES Starchy

Carbs

Servings/day _____

- | | |
|---|---|
| <input type="checkbox"/> Acorn squash (cubed)–140 g | <input type="checkbox"/> Potatoes (mashed)–100 g |
| <input type="checkbox"/> Butternut squash (cubed)–140 g | <input type="checkbox"/> Root vegetables: Parsnip, rutabaga –75 g |
| <input type="checkbox"/> Plantain– 50 g or ½ whole | <input type="checkbox"/> Yam–½ med |
| <input type="checkbox"/> Potato: Purple, red, sweet, yellow–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**
- | | |
|--|---|
| <input type="checkbox"/> Apple–1 sm | <input type="checkbox"/> Orange–1 sm |
| <input type="checkbox"/> Applesauce–127 gr | <input type="checkbox"/> Papaya–140 g |
| <input type="checkbox"/> Apricots–4 | <input type="checkbox"/> Peach–1 |
| <input type="checkbox"/> Banana–½ med | <input type="checkbox"/> Pear–1 sm |
| <input type="checkbox"/> Blackberries–110 g | <input type="checkbox"/> Persimmon–½ |
| <input type="checkbox"/> Blueberries –110 g | <input type="checkbox"/> Pineapple–120 g |
| <input type="checkbox"/> Cherries–12 | <input type="checkbox"/> Plums–2 sm |
| <input type="checkbox"/> Grapefruit–½ med | <input type="checkbox"/> Pomegranate seeds –85 g |
| <input type="checkbox"/> Grapes–15 | <input type="checkbox"/> Raspberries–120 g |
| <input type="checkbox"/> Kiwi–1 med | <input type="checkbox"/> Strawberries–190 g |
| <input type="checkbox"/> Mango–½ sm | <input type="checkbox"/> Tangerines–2 sm |
| <input type="checkbox"/> Melon, all–175 g | |
| <input type="checkbox"/> Nectarine–1 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: | Gluten Containing: |
| <input type="checkbox"/> Amaranth–82 g | <input type="checkbox"/> Barley –52 g |
| <input type="checkbox"/> Buckwheat/kasha –84 g | <input type="checkbox"/> Bulgur–90 g |
| <input type="checkbox"/> Millet–87 g | <input type="checkbox"/> Cereal, whole wheat–120 g |
| <input type="checkbox"/> Oats (rolled, steel-cut)–115 g | <input type="checkbox"/> Couscous–52 g |
| <input type="checkbox"/> Quinoa–90 g | <input type="checkbox"/> Crackers, rye–4-7 |
| <input type="checkbox"/> Rice: Basmati, black, brown, purple, red, wild–65 g | <input type="checkbox"/> Kamut–86 g |
| <input type="checkbox"/> Sorghum–20 g | <input type="checkbox"/> Semolina– 20g |
| <input type="checkbox"/> Teff–189 g | <input type="checkbox"/> Spelt–64 g |
- All grain servings are for cooked amounts
- Individual portions:**
- | |
|--|
| <input type="checkbox"/> Bread–1 sl |
| <input type="checkbox"/> Muesli–42 g |
| <input type="checkbox"/> Pasta–46 g |
| <input type="checkbox"/> Pita–½ |
| <input type="checkbox"/> Tortilla–1, 15 cm |

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

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

Items in blue indicate preferred therapeutic foods

