

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)–28 g
Cheese (hard)–14 g
Cottage cheese (low-fat)–32 g
Feta cheese (low-fat)–28 g
Parmesan cheese–2 T
Ricotta cheese (low-fat)–32 g
Egg–1; or 2 egg whites
Fish/Shellfish: Halibut, herring, mackerel, salmon, sardines, tuna, etc.*–28 g
Meat: Beef, buffalo, elk, lamb, venison, other wild game–28 g
Poultry (skinless):
Chicken, Cornish hen, duck, pheasant, turkey, etc.–28 g

Plant Proteins:

Natto*–28 g
Spirulina–2 T
Tempeh*–28 g
Tofu (firm/extra firm)*–42-57 g
Tofu (soft/silken)*–85 g

Protein Powder:

Check label for # grams per 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

Average cooked meat serving is 85-113 g (size of deck of cards).

Legumes

Proteins/Carbs

Servings/day _____

Organic, non-GMO preferred

Bean soups–96 g
Black soybeans (cooked)*–64 g
Dried beans, lentils, peas (cooked)–64 g
Edamame (cooked)*–64 g
Flour, legume–32 g
Green peas (cooked)–64 g
Hummus or other bean dips–43 g
Refried beans, vegetarian–32 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–227 g
Kefir (plain)*–170-227 g
Yogurt, Greek (plain)*–170 g

Dairy Alternatives:

Milk: Soy*, Almond, coconut, flaxseed, hazelnut, hemp, oat–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 _____

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 ½ whole
Butter–1 t, 2 t whipped
Chocolate, dark (70% or higher cocoa)–28 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 with asterisks and highlighted in teal 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 _____

Organic, non-GMO preferred

Artichoke*	Horseradish
Arugula	Jicama
Asparagus	Kohlrabi*
Bamboo shoots	Leeks*
Beets (cubed)*	Lettuce, all*
Bok choy	Microgreens*
Broccoflower	Mushrooms
Broccoli	Okra
Brussels sprouts	Onions*
Cabbage	Parsley*
Carrots	Peppers, all
Cauliflower	Radicchio
Celeriac root	Radishes
Celery*	Salsa
Chard/Swiss chard*	Scallions*
Chervil*	Sea vegetables
Chinese cabbage*	Shallots*
Chives	Snap peas/snow peas
Cilantro	Spinach*
Cucumbers	Sprouts, all
Daikon radishes	Squash: Delicata, pumpkin,
Eggplant	spaghetti, yellow, zucchini, etc.
Endive*	Tomato*
Escarole	Tomato juice—177 ml
Fennel*	Turnips
Fermented vegetables: Kimchi,	Vegetable juice—177 ml
pickles, sauerkraut, etc.	Water chestnuts
Garlic*	Watercress*
Green beans	
Greens: Beet, collard,	
dandelion, kale, mustard,	
turnip, etc.*	

1 serving = 64 g, 128 g raw greens = 25 calories, 5 g carbs

Vegetables Starchy

Carbs

Servings/day _____

Organic, non-GMO preferred

Acorn squash (cubed)—128 g	Potatoes (mashed)—64 g
Butternut squash (cubed)—128 g	Root vegetables: Parsnip,
Plantain—43 g or ½ whole	rutabaga—64 g
Potato: Purple, red, sweet,	Yam—½ med
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 _____

Organic, non-GMO preferred; unsweetened, no sugar added

Apple—1 sm	Nectarine—1 sm
Applesauce—118 ml	Orange—1 sm
Apricots—4	Papaya—128 g
Banana—½ med	Peach—1
Blackberries—75 g	Pear—1 sm
Blueberries*—75 g	Persimmon—½
Cherries—12	Pineapple—96 g
Grapefruit—½	Plums—2 sm
Grapes—15	Pomegranate seeds*—43 g
Kiwi—1 med	Raspberries—125 g
Mango—½ sm	Strawberries—154 g
Melon, all—128 g	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:	Cereal, whole wheat—64 g
Amaranth—28 g	Couscous—43 g
Buckwheat/kasha—65 g	Crackers, rye—4-7
Millet—65 g	Kamut—64 g
Oats (rolled, steel-cut)*—65 g	Semolina—16 g
Quinoa—65 g	Spelt—43 g
Rice: Basmati, black, brown,	
purple, red, wild—43 g	Individual Portions:
Sorghum—16 g	Bread—1 sl
Teff—96 g	Muesli—64 g
	Pasta—43 g
Gluten-Containing:	Pita—½
Barley*—43 g	Tortilla—1, 6 in
Bulgur—64 g	

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*

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

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