

Fats & Oils		Servings / day
2 T.....Avocado	2 T.....Parmesan cheese	
1 t.....Butter (2 t. whipped)	1 T.....Pesto (Olive oil)	
1 T.....Chocolate, dark (1 oz)	1 t.....Mayonnaise	
1½ T..Coconut milk (½ c light)	1 T.....Salad dressing made with quality oils	
2 T ...Half and Half		
8.....Olives, black or green	1½ t ..Earth Balance spread	
1 t.....Oils, cooking or salad: Almond, Canola, Coconut (virgin), Grapeseed, Flax Seed Oil (cold pressed), Olive (extra virgin), Safflower or Sunflower high oleic oil, Sesame, Walnut		
1 serving = 45 calories, 5 g fat		

Nuts & Seeds		Servings / day
6.....Almonds	10.....Peanuts	
2.....Brazil nuts	4.....Pecan halves	
6.....Cashews	1 T.....Pine nuts	
3 T.....Coconut (unsweetened)	16.....Pistachios	
2 T.....Flax seed, ground	1 T.....Pumpkin seeds	
5.....Hazelnuts	1 T.....Sesame seeds	
6.....Mixed nuts (50% peanuts)	1 T.....Sunflower seed kernels	
½ T....Nut butters (1½ t)	2 t.....Tahini (sesame paste)	
1 t.....Nut oils	4.....Walnut halves	
1 serving = 45 calories, 5 g fat		

Protein		Servings / day
Plant Protein: (organic, non-GMO preferred)		
1 oz...Burger alternatives: mushroom, soy, veggie	1 oz...Fish/Shellfish (omega-3 rich: halibut, mackerel, salmon, sardines, tuna)	
3 T.....Miso	1 oz...Meat: beef, buffalo, elk, lamb, pork, veal, venison, wild game	
¼ c....Natto	2 oz...Mozzarella, part skim or non-fat (½ c shredded)	
1 oz...Soy foods: soy burgers, soy cheeses, soy dogs	6 T.....Parmesan cheese (grated)	
½ c....Tofu, tempeh	1 oz...Poultry (skinless chicken, turkey, Cornish hen)	
Animal Proteins (very lean cuts or low-fat)		
½ oz...Beef jerky	¼ c....Ricotta cheese, low-fat	
1.....Egg or 2 egg whites		
½ c....Egg substitute		
½ oz...Cheese, hard		
1 oz...Cheese, low-fat		
¼ c....Cottage cheese, low-fat		
1 oz...Feta cheese, low-fat		
1 oz serving = 50-100 calories, 7 g pro		

Non-starchy Vegetables		Servings / day
Artichoke	Eggplant	Salsa
Asparagus	Garlic	Scallions
Bamboo shoots	Greens (beet, collard, dandelion, kale, mustard, turnip)	Sea vegetables
Bean sprouts		Shallots
Bell peppers		Spinach
Bok choy		Sprouts
Broccoli		Squash, summer, yellow, zucchini, spaghetti
Broccoflower		
Brussels sprouts	Jicama	
Cabbage	Leeks	Tomato
Carrots	Lettuce	
Cauliflower	Mushrooms (crimini, Shiitake)	Vegetable juice (¾ c)
Celery	Okra	Water chestnuts
Chard/Swiss Chard	Onions	Fermented vegetables (kimchi, sauerkraut)
Chives	Peppers	
Cucumbers	Radish	
1 serving = ½ c cooked, 1 c raw, 10-25 calories, 5 g carb		

Starchy Vegetables		Servings / day
1 c.....Acorn squash, cubed	½ md.Potato (sweet, white)	
1 c.....Beets, cubed	½ c....Potato, mashed (sweet, white)	
1 c.....Butternut squash, cubed	½ c...Winter roots or squashes, (acorn, beet, butternut, parsnip, pumpkin, rutabagas, turnip)	
½ c....Corn		
½Corn-on-the-cob		
½ c....Green peas		
½ c....Plantain (½ whole)		
1 c.....Snow peas		
1 serving = 80 calories, 15 g carb		

Fruits (No sugar added)		Servings / day
1 sm .Apple	½.....Grapefruit or (¾ c sections)	½Persimmon
½ c ...Applesauce (unsweetened)	15.....Grape	¾ c....Pineapple
4.....Apricots, fresh	1.....Kiwi	2 sm..Plums
½.....Banana, med	½ sm..Mango	1 sm..Pomegranate
¾ c....Blackberries	1 c.....Melon	3 md .Prunes
¾ c....Blueberries	1 sm..Nectarine	2 T....Raisins
12.....Cherries	1 sm..Orange	1 c.....Raspberries
3.....Dates or Figs	1 c.....Papaya	2 sm..Tangerines
½ c....Fruit juice	1 sm..Peach	2 T....Dried fruit
1 serving = 60 calories, 15 g carb		

The Low Glycemic Impact Food Plan (40/30/30)

Legumes		Servings / day
½ c....Cooked dried peas, beans, or lentils		
¾ c....Bean soups		
½ c....Edamame, steamed (green soybeans)		
½ c....Hummus or other bean dips		
½ c....Fat-free refried beans	1 serving = 110 calories, 15 g carb, 7 g pro	

Low-fat Dairy/ Alternatives		Servings / day
8 oz...Buttermilk, nonfat or 1%		
8 oz...Kefir, nonfat or 1%		
8 oz...Milks: cow, goat, sheep milk, skim or 1%		
8 oz...Milk alternates: nut, hemp, rice, soy milks; low-fat		
6 oz...Sour cream, nonfat		
6 oz...Yogurt, cow or soy (plain, nonfat or 1%)		
½ c....Yogurt, Greek (plain, nonfat or 1%)	1 serving = 70-100 calories, 12 g carb, 7 g pro	

Grains		Servings / day
Amaranth*	Millet*	Sorghum*
Basmati rice*	Oats	Spelt
Bulgur (cracked wheat)	Quinoa*	Tapioca*
Buckwheat/kasha*	Rice*	Teff*
Kamut	Semolina	Whole wheat
Serving = ½-1½ c		
½ c....Bulgur, cooked	½ cPasta, whole grain	
1 sl....Breads, whole grains	½.....Pita, whole grain	
½ c....Cereal, cooked (rice, oatmeal, wheat, grits)	3 c.....Popcorn	
¾ c....Cereal, ready-to-eat (high fiber, whole grain, Kashi 7 Whole Grain Puffs)	½ c....Quinoa*	
4-7.....Crackers, whole grain or rye	½ c....Rice, brown	
½ c....Couscous	1 sl....Rice bread*	
½English muffin, whole grain	2Rice cakes (brown)*	
½ c....Kasha, cooked	3-4....Rice crackers*	
½ c....Muesli	½ c....Rice noodles or pasta*	
1 serving = 75-110 calories, 15 g carb		

* all measurements in single serving sizes

© 2012 The Institute for Functional Medicine

* = Gluten free