



Mito Food Plan

PROTEINS

Proteins

Servings/day _____

Free-range, grass-fed, organically grown meats; non-GMO plant proteins; and wild-caught fish preferred

Animal Proteins:

- Fish: Omega-3 rich: cod, mackerel, sardines, Alaskan salmon, halibut, herring, shrimp, tuna, etc.**—1 oz
- Meat: Beef, buffalo, elk, lamb, venison, other wild game**—1 oz

- Poultry: Chicken (skinless), Cornish hen, turkey—1 oz
- Cheese, hard—½ oz
- Cheese—1 oz
- Cottage cheese—¼ c
- Parmesan cheese—2 T

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

- Ricotta cheese—¼ c
- Egg—1; or 2 egg whites
- Egg substitute—⅔ c

Plant Protein:

- Miso—3 T
- Tofu, tempeh—½ c
- Burger alternatives: Bean, mushroom, soy, veggie—1 oz

Protein Powder:

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

LEGUMES

Proteins/Carbs

Servings/day _____

- Bean soups—¾ c
- Black soybeans (cooked)—½ c
- Dried beans, lentils, or peas (cooked)—½ c
- Edamame (cooked)—½ c
- Green peas (cooked)—½ c
- Flour, legume—¼ c

- Hummus or other bean dips—⅓ c
- Refried beans, vegetarian—½ c

1 serving = 110 calories, 15 g carbs, 7 g protein

DAIRY & ALTERNATIVES

Proteins/Carb

Servings/day _____

Unsweetened

- Buttermilk—8 oz
- Kefir, plain—6 oz
- Milk: Cow, goat—8 oz
- Milk: Almond, coconut, flaxseed, hazelnut, hemp, oat, , soy—8 oz
- Yogurt, plain, Greek, or coconut (cultured coconut milk)—6 oz

1 serving = 50-150 calories, 12 g carbs, 7 g protein, 5-8 g fat

NUTS & SEEDS

Proteins/Fats

Servings/day _____

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

1 serving = 45 calories, 4 g fat

FATS & OILS

Fats

Servings/day _____

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

- Avocado—⅛ whole, 2 T
- Coconut milk, regular (canned)—1½ T
- Coconut milk, light (canned)—3 T
- Olives, black or green—8
- Oils, cooking: Avocado, coconut, ghee/clarified butter, grass fed butter, MCT, olive (extra virgin), grapeseed, rice, bran, sesame—1 t
- Oils, salad: Avocado, flaxseed, MCT, olive (extra virgin), almond, grapeseed, hempseed, high oleic safflower and sunflower, pumpkin, rice bran, sesame, walnut—1 t
- Butter—1 t; 2 t whipped
- Chocolate, dark (70% or higher cocoa)—1 sq (1 square = 7 g)
- Pesto (olive oil)—1 T
- Mayonnaise (unsweetened)—1 t
- Salad dressing made with the above oils—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.



© 2015 The Institute for Functional Medicine

VEGETABLES Non-starchy

Carbs

Servings/day _____

- | | |
|--|--|
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Artichoke |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Bamboo shoots |
| <input type="checkbox"/> Bok choy | <input type="checkbox"/> Carrot |
| <input type="checkbox"/> Broccoflower | <input type="checkbox"/> Celeriac root |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Celery |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Cilantro |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Cucumbers |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Eggplant |
| <input type="checkbox"/> Chard/Swiss chard | <input type="checkbox"/> Endive |
| <input type="checkbox"/> Chives | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Daikon radish | <input type="checkbox"/> Green beans |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Horseradish |
| <input type="checkbox"/> Greens
(beet, collard, chicory, dandelion, escarole, kale, mustard, purslane, radicchio, turnip) | <input type="checkbox"/> Jicama |
| <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Lettuce, all varieties |
| <input type="checkbox"/> Leek | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Microgreens | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Okra | <input type="checkbox"/> Peppers, all |
| <input type="checkbox"/> Onion | <input type="checkbox"/> Salsa |
| <input type="checkbox"/> Radish | <input type="checkbox"/> Snap peas/snow peas |
| <input type="checkbox"/> Scallions | <input type="checkbox"/> Sprouts, all |
| <input type="checkbox"/> Sea vegetables | <input type="checkbox"/> Squash (delicata, pumpkin, spaghetti, yellow, zucchini) |
| <input type="checkbox"/> Shallots | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Tomato juice— $\frac{3}{4}$ c |
| <input type="checkbox"/> Sprouts, all | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Vegetables, fermented | <input type="checkbox"/> Vegetable juice— $\frac{3}{4}$ c |
| <input type="checkbox"/> Watercress | <input type="checkbox"/> Water chestnuts |

1 serving = $\frac{1}{2}$ c, 1 c for uncooked greens, 25 calories, 5 g carbs

VEGETABLES Starchy

Carbs

Servings/day _____

- | | |
|---|---|
| <input type="checkbox"/> Acorn squash, cubed—1 c | <input type="checkbox"/> Potato (purple, red, sweet, yellow)— $\frac{1}{2}$ med |
| <input type="checkbox"/> Beets, cubed—1 c | <input type="checkbox"/> Potatoes, mashed— $\frac{1}{2}$ c |
| <input type="checkbox"/> Butternut squash, cubed—1 c | <input type="checkbox"/> Root vegetables: Parsnip, rutabaga— $\frac{1}{2}$ c |
| <input type="checkbox"/> Plantain— $\frac{1}{2}$ whole, $\frac{1}{3}$ c | <input type="checkbox"/> Yam— $\frac{1}{2}$ 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

- | | |
|---|---|
| <input type="checkbox"/> Apple —1 sm | <input type="checkbox"/> Figs—3 |
| <input type="checkbox"/> Blackberries — $\frac{3}{4}$ c | <input type="checkbox"/> Grapefruit— $\frac{1}{2}$ |
| <input type="checkbox"/> Blueberries — $\frac{3}{4}$ c | <input type="checkbox"/> Kiwi—1 |
| <input type="checkbox"/> Cherries —12 | <input type="checkbox"/> Melon, all—1 c |
| <input type="checkbox"/> Grapes —15 | <input type="checkbox"/> Nectarine—1 sm |
| <input type="checkbox"/> Mango — $\frac{1}{2}$ sm | <input type="checkbox"/> Orange—1 sm |
| <input type="checkbox"/> Pomegranate seeds — $\frac{1}{2}$ c | <input type="checkbox"/> Papaya—1 c |
| <input type="checkbox"/> Raspberries —1 c | <input type="checkbox"/> Peach—1 sm |
| <input type="checkbox"/> Strawberries — $1\frac{1}{4}$ c | <input type="checkbox"/> Pear—1 sm |
| <input type="checkbox"/> Applesauce— $\frac{1}{2}$ c | <input type="checkbox"/> Persimmon— $\frac{1}{2}$ |
| <input type="checkbox"/> Apricots, fresh—4 | <input type="checkbox"/> Pineapple— $\frac{3}{4}$ c |
| <input type="checkbox"/> Banana— $\frac{1}{2}$ med | <input type="checkbox"/> Plums—2 sm |
| <input type="checkbox"/> Dates or figs (dried)—3 | <input type="checkbox"/> Prunes—3 md |
| <input type="checkbox"/> Dehydrated fruit (no sugar)—2 T | <input type="checkbox"/> 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 _____

- | | |
|--|--|
| <input type="checkbox"/> Amaranth (cooked)— $\frac{3}{4}$ c | <input type="checkbox"/> Millet (cooked)— $\frac{1}{2}$ c |
| <input type="checkbox"/> Brown rice (cooked), all types— $\frac{1}{3}$ c | <input type="checkbox"/> Oats (cooked), rolled, steel-cut— $\frac{1}{2}$ c |
| <input type="checkbox"/> Buckwheat/kasha, (cooked)— $\frac{1}{2}$ c | <input type="checkbox"/> Quinoa (cooked)— $\frac{1}{2}$ c |
| <input type="checkbox"/> Crackers (nut, seed, rice)—3-4 | <input type="checkbox"/> Teff (cooked)— $\frac{3}{4}$ c |

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

- | | |
|---|--|
| <input type="checkbox"/> Green tea | <input type="checkbox"/> Ginkgo biloba tea |
| <input type="checkbox"/> Black tea | <input type="checkbox"/> Sparkling/mineral water |
| <input type="checkbox"/> Coffee | <input type="checkbox"/> Unsweetened coconut water |
| <input type="checkbox"/> Filtered water | <input type="checkbox"/> Yerba mate |
| <input type="checkbox"/> Fresh juiced fruits/vegetables | |

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.

