

MODIFICATIONS TO THE CORE FOOD PLAN

CHOOSE A CORE FOOD PLAN	% CARB/PRO/FAT	KEY CHARACTERISTICS
<p>Core Plan, Balanced</p> <p>The Core Plan can be adjusted for balanced, fat-controlled or carbohydrate-controlled purposes, as needed</p>	50/20/30	<p>Combination Paleolithic/Mediterranean approach “Core Plan” that can be modified for common chronic disorders</p> <p>Predominantly plant-based, with emphasis on lean animal protein, healthy fats, low glycemic index carbohydrates, mixture of soluble and insoluble fibers, decreased sodium dominance and increased potassium rich foods, adequate water and other fluids from high water content foods</p> <p>See Core Food Plan graphic and list of foods</p>
<p>Core Food Plan, Fat-controlled</p>	60/20/20	<p>Core Plan modified for macronutrient distribution, with emphasis on reducing total fat and displacing saturated/<i>trans</i> fat (combined total not to exceed 7% of total calories) with quality monounsaturated/polyunsaturated fats</p>
<p>Core Food Plan, Carbohydrate-controlled</p>	40/30/30	<p>Core Plan modified for macronutrient distribution, with emphasis on reducing total carbohydrates, focusing primarily on choosing low glycemic index carbohydrates and controlling total fat (30% of total calories). Monounsaturated and polyunsaturated fats are increased to displace saturated/<i>trans</i> fats (not to exceed 7% of total calories).</p>
<p>THE CORE PLANS CAN THEN BE MODIFIED FOR CONDITION-SPECIFIC INTERVENTIONS: SEE FUNCTIONAL NUTRITION PROTOCOL SHEETS IN IFM TOOL KIT</p>		
<p>Anti-inflammatory</p>	<p>Carbohydrate-controlled Core Food Plan</p>	<p>Within the Core Plan place emphasis on anti-inflammatory choices: omega-3-rich eggs and fish (salmon, halibut, mackerel, tuna), nuts, and oils. LIMIT foods high in saturated animal fats: fatty meats, whole milk dairy products, butter, and trans fats (in hydrogenated oils, processed foods). May also focus on low glycemic index carbohydrates in small frequent meals and snacks to keep blood sugar/insulin levels in desirable ranges.</p>
<p>Blood Pressure Management</p>	<p>Balanced Core Food Plan</p>	<p>Increase fiber (minimum 35 g/day). Emphasis on sodium controlled and potassium/magnesium/calcium rich food choices. Exercise and weight loss as needed.</p>
<p>Blood Sugar Management/ Insulin Resistance/Metabolic Syndrome/Type 2 Diabetes</p>	<p>Carbohydrate-controlled Core Food Plan</p>	<p>Increase fiber (minimum 35 g/day). Encourage small frequent meals and snacks containing low glycemic index carbohydrates to keep blood sugar/insulin levels in desirable ranges; emphasize exercise and weight management</p>

Detoxification/Anti-cancer	Balanced Core Food Plan	Increase vegetables and fruit, emphasizing cruciferous vegetables, flavonoid-rich fruits (red/purple/blue/black fruits) and other foods (e.g., green tea, dark chocolate, foods with live active cultures, soluble fiber, cooked Asian mushrooms, soy; special attention to choosing organic foods as much as possible, limit foods high in animal fat (fatty meats, whole milk dairy products, butter).
Elimination Diet Comprehensive or Food-specific	Balanced Core Food Plan	Comprehensive Elimination Diet: eliminate alcohol, caffeine, sugar, citrus, corn, dairy, soy, egg, gluten-containing grains, red meats/processed meats for a specified time period followed by intentional re-introduction of foods to determine food triggers. Modified Elimination Diet: Modified to eliminate specific trigger foods per individual need, based on known triggers and/or laboratory assessment; e.g., yeast-free diet.
Gastrointestinal Support	Balanced Core Food Plan	5R Approach to gastrointestinal restoration. Modified fiber: gradual introduction approach to high dietary fiber (25-50 g/day) with a combination of soluble and insoluble fiber.
Lipid Management		
LDL-cholesterol-lowering	Fat-controlled Core Food Plan	Special attention to lowering saturated fat and eliminating <i>trans</i> fat. Emphasize high dietary fiber, phytosterols, nuts and seeds and exercise.
HDL-cholesterol-raising	Balanced Core Food Plan	Emphasis on regular vigorous aerobic exercise, weight loss, soy protein, nuts and alcohol (if appropriate to patient: 1 drink/day for women and 2 drinks/day for men)
Triglyceride-lowering	Carbohydrate-controlled Core Food Plan	Blood Sugar Management Plan plus 2-4 g/day of omega-3 fish oils from food and/or supplements. (Lavie CJ et al. Omega-3 PUFA and CV Disease. J Am Coll Cardiol 2009;54:585-94)
Weight Loss		
Balanced or Fat-controlled or Carbohydrate-controlled Core Food Plan	Appropriate Core Food Plan	Follow the appropriate Core Food Plan based on body type, known or suspected genotype and individualized condition-specific needs. Body Types: Android (apple shape) - use carbohydrate-controlled CFP; Gynoid (pear shape) - use balanced CFP; Mixed body type - use carbohydrate-controlled CFP. Consider detoxification and/or elimination diet, if indicated.
Weight Gain	Appropriate Core Food Plan	Add ~500 additional calories/day distributed within the Core Plan. Add resistance exercise to support gain of lean body mass.