



Mito Food Plan

PROTEINS

Proteins

Servings/day _____

Free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred.

Animal Proteins:

- Cheese (hard)— $\frac{1}{2}$ oz
- Cheese (soft)—1 oz
- Cottage cheese— $\frac{1}{4}$ c
- Parmesan cheese—2 T
- Ricotta cheese— $\frac{1}{4}$ c
- Egg—1; or 2 egg whites
- Fish, Omega-3 rich: Alaskan salmon, cod, halibut, herring, mackerel, sardines, shrimp, tuna, etc.—1 oz**
- Meat: Beef, buffalo, elk, lamb, venison, other wild game—1 oz**

- Poultry (skinless): Chicken, Cornish hen, duck, pheasant, turkey, etc.—1 oz

Plant Protein:

- Spirulina—2 T
- Tempeh—1 oz
- Tofu (firm/extra firm)— $1\frac{1}{2}$ -2 oz
- Tofu (soft/silken)—3 oz

Protein Powder:

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

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

LEGUMES

Proteins/Carbs

Servings/day _____

Organic, non-GMO preferred

- Bean soups— $\frac{3}{4}$ c
- Black soybeans (cooked)— $\frac{1}{2}$ c
- Dried beans, lentils, or peas (cooked)— $\frac{1}{2}$ c
- Edamame (cooked)— $\frac{1}{2}$ c
- Flour, legume— $\frac{1}{4}$ c
- Green peas (cooked)— $\frac{1}{2}$ c

- Hummus or other bean dips— $\frac{1}{3}$ c
 - Refried beans, vegetarian— $\frac{1}{2}$ c
- 1 serving = 90-110 calories, 3-7 g protein, 0 fat, 15 g carbs

DAIRY & ALTERNATIVES

Proteins/Carb

Servings/day _____

Unsweetened, organic preferred

Dairy:

- Buttermilk—8 oz
- Kefir (plain)—6-8 oz
- Milk: Cow, goat—8 oz
- Yogurt, Greek (plain)—6 oz

Dairy Alternatives:

- Milk: Almond, **coconut**, flaxseed, hazelnut, hemp, oat, , soy—8 oz
- Yogurt: **Coconut**, soy (cultured) —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)

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— $\frac{1}{2}$ 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, 5 g fat

FATS & OILS

Fats

Servings/day _____

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

- Avocado**—2 T or $\frac{1}{8}$ whole
- Butter—1 t; 2 t whipped
- Chocolate, dark (70% or higher cocoa)—1 oz
- Coconut milk, regular (canned)**— $\frac{1}{2}$ T
- Coconut milk, light (canned)**—3 T
- Mayonnaise (unsweetened)—1 t
- Oils, cooking: Avocado, coconut, ghee/clarified butter, grapeseed, grass fed butter, MCT, olive (extra virgin), rice bran, sesame—1 t**
- Oils, salad:** Almond, **Avocado, flaxseed**, grapeseed, hempseed, **MCT, olive (extra virgin)**, pumpkin, rice bran, safflower (high-oleic), sesame, sunflower (high-oleic), walnut—1 t
- Olives: Black, green, kalamata**—8
- Pesto (olive oil)—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.



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"/> Broccoflower | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Peppers, all |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Radishes |
| <input type="checkbox"/> Celeriac root | <input type="checkbox"/> Salsa |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Scallions |
| <input type="checkbox"/> Chard/Swiss chard | <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 radish | <input type="checkbox"/> Sprouts, all |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Squash: Delicata, |
| <input type="checkbox"/> Endive | pumpkin, spaghetti, |
| <input type="checkbox"/> Fennel | yellow, zucchini, etc. |
| <input type="checkbox"/> Fermented | <input type="checkbox"/> Tomato |
| vegetables: | <input type="checkbox"/> Tomato juice— $\frac{3}{4}$ c |
| Kimchi, pickles, | <input type="checkbox"/> Turnips |
| sauerkraut, etc. | <input type="checkbox"/> Vegetable juice— $\frac{3}{4}$ c |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Water chestnuts |
| <input type="checkbox"/> Green beans | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Greens: Beet, | |
| collard, chicory, | |
| dandelion, | |
| escarole, kale, | |
| mustard, purslane, | |
| radicchio, turnip, | |
| etc. | |

1 serving = $\frac{1}{2}$ c, 1 c raw greens = 25 calories, 5 g carbs**Organic, non-GMO fruits, vegetables, herbs and spices preferred****VEGETABLES** Starchy**Carbs**

Servings/day _____

- | | |
|--|---|
| <input type="checkbox"/> Acorn squash | <input type="checkbox"/> Potato: Purple, red, |
| (cubed)—1 c | sweet, yellow— $\frac{1}{2}$ med |
| <input type="checkbox"/> Butternut squash | <input type="checkbox"/> Potatoes |
| (cubed)—1 c | (mashed)— $\frac{1}{2}$ c |
| <input type="checkbox"/> Plantain— $\frac{1}{3}$ c | <input type="checkbox"/> Root vegetables: |
| or $\frac{1}{2}$ whole | Parsnip, rutabaga— $\frac{1}{2}$ 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"/> Nectarine—1 sm |
| <input type="checkbox"/> Applesauce— $\frac{1}{2}$ c | <input type="checkbox"/> Orange—1 sm |
| <input type="checkbox"/> Apricots—4 | <input type="checkbox"/> Papaya—1 c |
| <input type="checkbox"/> Banana— $\frac{1}{2}$ med | <input type="checkbox"/> Peach—1 sm |
| <input type="checkbox"/> Blackberries — $\frac{3}{4}$ c | <input type="checkbox"/> Pear—1 sm |
| <input type="checkbox"/> Blueberries — $\frac{3}{4}$ c | <input type="checkbox"/> Persimmon— $\frac{1}{2}$ |
| <input type="checkbox"/> Cherries —12 | <input type="checkbox"/> Pineapple— $\frac{3}{4}$ c |
| <input type="checkbox"/> Dates or figs—3 | <input type="checkbox"/> Plums—2 sm |
| <input type="checkbox"/> Dried fruit—2 T | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Figs—3 | seeds — $\frac{1}{2}$ c |
| <input type="checkbox"/> Grapefruit— $\frac{1}{2}$ | <input type="checkbox"/> Prunes—3 med |
| <input type="checkbox"/> Grapes —15 | <input type="checkbox"/> Raspberries —1 c |
| <input type="checkbox"/> Kiwi—1 med | <input type="checkbox"/> Strawberries — $\frac{1}{4}$ c |
| <input type="checkbox"/> Mango — $\frac{1}{2}$ sm | <input type="checkbox"/> Tangerines—2 sm |
| <input type="checkbox"/> Melon, all—1 c | |

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 _____

Unsweetened, sprouted, organic preferred

- | | |
|---|--|
| <input type="checkbox"/> Amaranth— $\frac{1}{3}$ c | <input type="checkbox"/> Quinoa— $\frac{1}{2}$ c |
| <input type="checkbox"/> Buckwheat/
kasha— $\frac{1}{2}$ c | <input type="checkbox"/> Rice: Basmati, black,
brown, purple, red,
wild— $\frac{1}{3}$ c |
| <input type="checkbox"/> Crackers: Nut, rice,
seed—3-4 | <input type="checkbox"/> Teff— $\frac{3}{4}$ c |
| <input type="checkbox"/> Millet— $\frac{1}{2}$ c | All grain servings are for |
| <input type="checkbox"/> Oats: Rolled, steel-
cut— $\frac{1}{2}$ c | 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**

- | | |
|---|--|
| <input type="checkbox"/> Black tea | <input type="checkbox"/> Herbs and Spices: |
| <input type="checkbox"/> Coffee | Curcumin, |
| <input type="checkbox"/> Filtered water | marjoram, oregano, |
| <input type="checkbox"/> Fresh juiced fruits/
vegetables | sage, etc. |
| <input type="checkbox"/> Gingko biloba tea | <input type="checkbox"/> Condiments: |
| <input type="checkbox"/> Green tea | Lemon/lime juice, |
| <input type="checkbox"/> Sparkling/mineral
water | miso, mustard, |
| <input type="checkbox"/> Unsweetened | tamari, vinegars, |
| coconut water | etc.—use sparingly, |
| <input type="checkbox"/> Yerba mate | suggest 1 T or less
per serving |

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