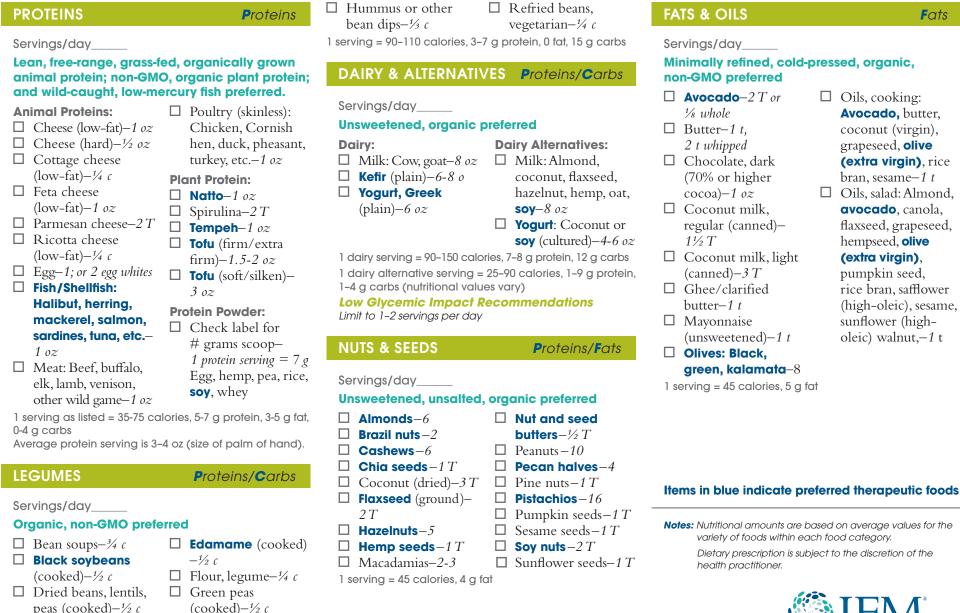


Cardiometabolic Food Plan





V	EGETABLES Non-state	CHy	Carbs	VEGETABLES STORCHY	Carbs	WHOLE GRAINS (100	%) Carbs
Se	ervings/day Artichoke		Horseradish	Servings/day	☐ Potatoes (mashed)—	Servings/day Unsweetened, sprouted	and organic preferred
	Arugula Asparagus Bamboo shoots Beets (cubed) Bok choy Broccoflower Broccoli Brussels sprouts Cabbage Carrots Cauliflower		Jicama Kohlrabi Leeks Lettuce, all Microgreens Mushrooms Okra Onions Parsley Peppers, all Radicchio	(cubed)-1 c □ Butternut squash (cubed)-1 c □ Plantain- ½ c or ½ whole □ Potato: Purple, red, sweet, yellow-½ med 1 serving = 80 calories, 15 g Low Glycemic Impact R Short term: Consider remove Long term: Limit to 1 serving	1/2 c ☐ Root vegetables: Parsnip, rutabaga—1/2 c ☐ Yam—1/2 med carbs Recommendations	Gluten-Free: Amaranth—1/3 c Buckwheat/ kasha—1/2 c Millet—1/2 c Oats (rolled, steel-cut)—1/2 c Quinoa—1/2 c Rice: Basmati, black, brown, purple, red, wild—1/3 c Teff—3/4 c All grain servings are for cooked amounts 1 serving = 75-110 calories, 15 g Low Glycemic Impact Reco Short term: Consider removal Long term: Limit to 1-2 servings pe	Gluten Containing: Barley-1/3 c Bulgur-1/2 c Cereal, whole wheat-1/2 c Couscous-1/3 c Crackers, rye-4-7 Kamut-1/2 c Semolina-1/8 c Spelt-1/3 c Individual portions: Bread-1 sl Muesli-1/2 c Pasta-1/3 c Pita-1/2 Tortilla-1, 6 in
	Celeriac root Celery Chard/Swiss chard Chervil Chinese cabbage Chives Cilantro Cucumbers Daikon radishes Eggplant Endive		Shallots Snap peas/snow peas Spinach Sprouts, all Squash: Delicata, pumpkin, spaghetti,	FRUITS Servings/day Unsweetened, no sugar Apple-1 sm Applesauce-½ c Apricots-4 Banana-½ med Blackberries-¾ c Blueberries-¾ c Cherries-12 Grapefruit-½ Grapes-15 Kiwi-1 med Mango-½ sm	 □ Orange−1 sm □ Papaya−1 c □ Peach−1 □ Persimmon−½ □ Pineapple−¾ c □ Plums−2 sm □ Pomegranate seeds−½ c □ Raspberries−1 c □ Strawberries−1¼ c 		
	Escarole Fennel Fermented vegetables: Kimchi, pickles, sauerkraut,		☐ Tomato juice—¾ c ☐ Turnips ☐ Vegetable juice—¾ c ☐ Water chestnuts			BEVERAGES, SPICES Unsweetened, no sugar □ Beetroot juice □ Filtered water □ Sparkling/mineral	
1 5	etc. Garlic Green beans Greens: Beet, collard, dandelion, kale, mustard, turnip, etc. serving = ½ c. 1 c raw green	ns =	Watercress 25 calories, 5 a carbs	☐ Melon, all−1 c ☐ Tangerines−2 sm ☐ Nectarine−1 sm 1 serving = 60 calories, 15 g carbs Low Glycemic Impact Recommendations Limit to 2 servings per day Avoid dried fruit and fruit juices		water □ Green tea □ Low-sodium vegetable juice	☐ Condiments: Lemon/lime juice, miso, mustard, tamari, vinegars, etc.—use sparingly, suggest 1 T or less per serving

Organic, non-GMO fruits, vegetables, herbs and spices preferred

