

Plymouth Integrative Medicine Center
Irene C. Metro, M.D.

Dietary Guidelines

Protein Shake in A.M. 2 scoops with 16 oz of water, ice chips, and fruit blended for 20-30 seconds (drink immediately after blending)

Legumes- 2 Servings

(average size $\frac{1}{2}$ cup cooked or as indicated, one serving= 110 calories)

Split peas

lentils

beans -(garbonzo, pinto, kidney, black, lima, cannellini, navy, mung beans, fat-free refried, green soy beans)

Hummus- $\frac{1}{4}$ cup

Category 1 Vegetables-

Unlimited ($\frac{1}{2}$ cup serving= 10-25 calories)

Fresh Juices made from these vegetables are also allowed

Artichokes

Asparagus

Bamboo Shoots

Bean Sprouts

Bell or other peppers

Broccoli, broccoflower

Brussel sprouts

Cauliflower

Celery

Chives, onions, leeks,garlic

Cucumber/dill pickles

Cabbage

Eggplant

Green Beans

Greens: bok choy, escarole, Swiss Chard, kale, collard greens, spinach, dandelion, mustard or beet greens

Lettuce/Mixed Greens: romaine, red and green leaf, endive, spinach, arugula, radicchio, watercress, chicory

Mushrooms

Okra

Radishes

Snow Peas

Sprouts

Tomatoes, V8, Tomato juice

Waterchesnuts, 5 whole

Zucchini: yellow, summer, or spaghetti squash

Salsa (sugar free)

Sea Vegetables (kelp, etc.)

Category 2 Vegetables - 1

Serving

Average serving size $\frac{1}{2}$ cup or as indicated

Beets, winter squash, such as acorn or butternut squash, sweet potatoes or yams, $\frac{1}{2}$ medium baked, Carrots, $\frac{1}{2}$ cooked or 2 medium raw, or 12 baby carrots

Protein- 4 Servings

Average serving 3 oz (meat, poultry and fish should be grilled, baked or roasted. Keep cheese intake low due to its saturated fat content and possible lactose intolerance)

1 serving approx. 150 calories

Eggs, two whole or three egg whites plus one whole egg
Egg substitute, 2/3 cup
Fish including shell fish 3 oz. fresh
Poultry-Chicken or Cornish hen, Turkey, Leg of lamb (lean roast)
Tofu 8 oz or 1 cup fresh
Soy burger (4oz.)
Tempeh, 3oz or $\frac{1}{2}$ cup
Mozzarella cheese (part skim or non fat) 2oz or $\frac{1}{2}$ cup
Feta cheese 2 oz.
TVP (soy protein concentrate) 1/3 cup dry = 1/2 serving

Oil-4 Servings

Serving size = 1 teaspoon

Extra virgin olive oil, canola oil, flaxseed oil, walnut oil
Mayonnaise made with canola oil, or tofu mayonnaise-1 tablespoon
Ripe or green olives, 8-10 medium
 $\frac{1}{8}$ avocado

Nuts and Seeds -1 Serving

Serving size= as indicated

Almonds or hazelnuts 10-12 whole nuts
Walnut or pecan halves 7-8
Peanuts 18 nuts or 2 Tbsp.
Pistachios, sunflower, pumpkin or sesame seeds- 2 Tbsp.
Nut butter- 1 Tbsp. made from above nuts

Fruit-2 Servings

Serving size= as indicated (approx 80 calories)

Apple 1 medium
Apricot 3 medium
Berries: blackberries and blueberries-1 cup
Raspberries and strawberries 1 & $\frac{1}{2}$ cups
Cherries - 15
Fresh figs-2
Grapes-15
Grapefruit- 1 whole
Honeydew melon- $\frac{1}{4}$ small
Nectarine- 2 small
Orange-1 large
Peach- 2 small
Pear- 1 medium
Plum- 2 small
Tangerine-2 small

Dairy- 1 Serving

One serving= 80 calories

Low fat (or fat free) yogurt plain,
4 oz.

Soy milk, plain 6 oz

Soy yogurt, 4 oz.

Grains- 2-3 ServingsServing size $\frac{1}{2}$ cup or as indicated
(1 serving=75-100 calories)amaranth, quinoa, basmati or other
brown rice, wild rice, barley,buckwheat, millet, bulgar, whole
oats cooked ($\frac{3}{4}$ cup)

Whole wheat berries

Whole grain rye crackers- 3 each
(eg, Ryvita, Sesame, Rye, Wasa,
Lite Rye, or Fiber Wheat)Bread: mixed whole or 100% whole
grain or 100% whole rye- 1 sliceWhole Wheat tortilla or Pita 1/2
(75-100 calories)

<i>Calories</i>	1300	1600	1800	2000	2200	2400
Protein Shake	2 servings	2 Servings	2 Servings	2 Servings	2 Servings	2 Servings
Legumes	1 serving	2 Servings	2Servings	2Servings	3 Servings	3 Servings
Category 1 Vegetable	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited
Category 2 Vegetable	1 Serving	1 Serving	1 Serving	2 Servings	2 Servings	2 Servings
Protein	3 Servings	3 Servings	4 Servings	4 Servings	5 Servings	5 Servings
Oil	4 Servings	4 Servings	6 Servings	6 Servings	6 Servings	7 Servings
Nuts and Seeds	1 Serving	1 Serving	1 Serving	2 Servings	2 Servings	2 Servings
Fruit	2 Servings	2 Servings	3 Servings	3 Servings	3 Servings	3 Servings
Dairy	0 Servings	1 Serving	1 Serving	1 Serving	1 Serving	2 Servings
Grain	2 Servings	2 Servings	2 Servings	2 Servings	3 Servings	3 Servings

All Servings are per day**Servings may vary according to patient needs**