

# Features of the IFM Food Plans

## Core

### General Features

- Focus on Whole Foods
- Encourages Organic
- Adequate Quality Protein
- Balanced Quality Fats
- High in Fiber
- Low in Simple Sugars
- Phytonutrient Diversity

### Frequency and Calorie Features

- No Calorie Restriction (optional)
- Targeted Calories (optional)

### Food Sensitivity Features

- Dairy-Free (optional)
- Gluten-Free (optional)
- Grain-Free (optional)

### Specific Intervention Features

- Foundational Eating Plan
- Plant-Based Food Plan (optional)

## Elimination Diet

### General Features

(NA)

### Frequency and Calorie Features

- No Calorie Restriction

### Food Sensitivity Features

- Identifies Food Triggers
- Dairy-Free
- Gluten-Free
- Grain-Free (optional)
- Low-Grain (optional)
- Identifies Histamines, Oxalates, & Nightshades
- Promotes Body Awareness to Food

### Specific Intervention Features

- Reduces Inflammation
- Supports Healthy Microbiome
- Phytonutrients to Heal the Gut
- Reduces Toxic Burden

## Cardiometabolic

### General Features

- Balanced Quality Fats
- High in Fiber
- Low in Simple Sugars

### Frequency and Calorie Features

- Targeted Calories

### Food Sensitivity Features

- Dairy-Free (optional)
- Gluten-Free (optional)
- Grain-Free (optional)

### Specific Intervention Features

- Modified Mediterranean Approach
- Low Glycemic Impact
- Balances Blood Sugar
- Condition-Specific Phytonutrients

## Detox

### General Features

- Encourages Organic

### Frequency and Calorie Features

- Targeted Calories (optional)

### Food Sensitivity Features

- Reduces Food Triggers
- Grain-Free (optional)
- Low-Grain (optional)

### Specific Intervention Features

- Plant-Based Food Plan (optional)
- Reduces Toxic Burden
- Provides Targeted Antioxidants
- Protective Antioxidants
- Encourages Healthy Elimination of Toxins
- Balances Hormone Metabolism
- Supports Nutrient-Dependent Pathways
- Supports Liver Function

## Mito

### General Features

(NA)

### Frequency and Calorie Features

- Reduced Carbohydrates
- Ketogenic Option
- Intermittent Fasting

### Food Sensitivity Features

- Dairy-Free (optional)
- Gluten-Free (optional)
- Grain-Free (optional)
- Low-Grain

### Specific Intervention Features

- Anti-Inflammatory Nutrients
- Low Glycemic Impact
- Protective Antioxidants
- Therapeutic Foods for Energy
- High in Quality Dietary Fats

## Low-FODMAP

### General Features

(NA)

### Frequency and Calorie Features

- No Calorie Restriction

### Food Sensitivity Features

- Identifies Food Triggers
- Reduces Food Triggers
- Dairy-Free (optional)
- Gluten-Free (optional)
- Limited Legumes
- Promotes Body Awareness to Food

### Specific Intervention Features

- Reduces Inflammation
- Restricts Certain Carbohydrates

## Anti-Candida

### General Features

- Low in Simple Sugars

### Frequency and Calorie Features

- No Calorie Restriction
- Reduced Carbohydrates

### Food Sensitivity Features

- Identifies Food Triggers
- Grain-Free (optional)
- Limited Legumes (optional)
- Low-Grain
- Promotes Body Awareness to Food

### Specific Intervention Features

- Reduces Inflammation
- Supports Healthy Microbiome
- Low Glycemic Impact

