

Features of the IFM Food Plans

General Features of All IFM Food Plans					
	Core	Elim Diet	Cardio	Detox	Mito
Focus on Whole Foods	Core	Elim Diet	Cardio	Detox	Mito
Promotes Organic	Core	Elim Diet	Cardio	Detox	Mito
Adequate Quality Protein	Core	Elim Diet	Cardio	Detox	Mito
Balanced Quality Fats	Core	Elim Diet	Cardio	Detox	Mito
High in Fiber	Core		Cardio	Detox	
Low in Simple Sugars	Core	Elim Diet	Cardio	Detox	Mito
Phytonutrient Diversity	Core				
Appropriate for long-term use	Core		Cardio	Detox	Mito
Eating Frequency and Calorie Features					
	Core	Elim Diet	Cardio	Detox	Mito
No Calorie Restriction	Core (Optional)	Elim Diet	Cardio (Optional)	Detox	Mito (Optional)
Targeted Calories	Core		Cardio		
Reduced Carbohydrates					Mito
Ketogenic Option					Mito
Intermittent Fasting with Caloric Restriction					Mito
Food Sensitivity Features					
	Core	Elim Diet	Cardio	Detox	Mito
Identifies Food Triggers		Elim Diet			
Reduces Food Triggers		Elim Diet		Detox	
Dairy-Free	Core (Optional)	Elim Diet	Cardio (Optional)	Detox	Mito (Optional)
Gluten-Free	Core (Optional)	Elim Diet	Cardio (Optional)	Detox	Mito
Grain-Free	Core (Optional)	Elim Diet (Optional)	Cardio (Optional)	Detox (Optional)	Mito (Optional)

Food Sensitivity Features (continued)					
	Core	Elim Diet	Cardio	Detox	Mito
Low Grain		Elim Diet (Optional)		Detox (Optional)	Mito
Identifies histamines, oxalates, & nightshades		Elim Diet			
Promotes body awareness of responses to foods		Elim Diet			
Specific Intervention Features					
	Core	Elim Diet	Cardio	Detox	Mito
Foundational eating plan	Core				
Plant-based food plan	Core				
Reduces inflammation	Core	Elim Diet	Cardio	Detox	Mito
Supports healthy microbiome		Elim Diet			Mito
Phytonutrients to heal the gut		Elim Diet			
Reduces toxic burden	Core	Elim Diet		Detox	
Modified Mediterranean approach	Core		Cardio		
Low glycemic impact	Core		Cardio		Mito
Balances blood sugar	Core		Cardio		Mito
Condition-specific phytonutrients			Cardio		
Provides targeted antioxidants				Detox	
Protective antioxidants			Cardio		Mito
Encourages healthy elimination of toxins				Detox	
Balances hormone metabolism				Detox	
Supports nutrient-dependent pathways				Detox	
Supports liver function				Detox	
Therapeutic foods for energy					Mito
High in quality dietary fats					Mito

