
Macronutrient Distributions for the IFM Food Plans

	Protein	Fat	Carbohydrate
Core Food Plan	25%	30%	45%
Core Food Plan: Vegetarian and Vegan (with soy)	25%	30%	45%
Core Food Plan: Vegan (without soy)	20%	30%	50%
Cardiometabolic Food Plan	30%	30%	40%
Mito Food Plan	20%	60%	20%

The following Therapeutic Food Plans have no specific macronutrient distribution recommendations. The standard Core Food Plan macronutrient distribution (25P/30F/45C) is an appropriate option for all food plans listed below.

- Detox Food Plan
- Elimination Diet
- Low-FODMAP Food Plan
- Anti-Candida Food Plan

