

Features of the IFM Food Plans

Each functional medicine food plan is designed for a different therapeutic purpose. This overview summarizes the defining features of each, so you and your provider can choose the plan that best fits your health goals.

CORE

- Whole foods focus
- Encourages organic
- Adequate quality protein
- Balanced quality fats
- High in fiber
- Low in simple sugars
- Phytonutrient diversity
- Calorie restriction optional
- Dairy/Gluten/Grain-free optional
- Foundational eating plan
- Plant-based option

ELIMINATION DIET

- No calorie restriction
- Identifies food triggers
- Dairy-free, Gluten-free
- Grain-free / low-grain optional
- Identifies histamines, oxalates & nightshades
- Promotes body awareness to food
- Reduces inflammation
- Supports healthy microbiome
- Phytonutrients to heal the gut
- Reduces toxic burden

CARDIOMETABOLIC

- Balanced quality fats
- High in fiber
- Low in simple sugars
- Targeted calories
- Dairy/Gluten/Grain-free optional
- Modified Mediterranean approach
- Low glycemic impact
- Balances blood sugar
- Condition-specific phytonutrients

DETOX

- Encourages organic
- Targeted calories optional
- Reduces food triggers
- Grain-free / low-grain optional
- Plant-based option
- Reduces toxic burden
- Targeted & protective antioxidants
- Healthy elimination of toxins
- Balances hormone metabolism
- Supports liver function

MITO

- Reduced carbohydrates
- Ketogenic option
- Intermittent fasting
- Dairy/Gluten/Grain-free optional
- Low-grain
- Anti-inflammatory nutrients
- Low glycemic impact
- Protective antioxidants
- Therapeutic foods for energy
- High in quality dietary fats

LOW-FODMAP

- No calorie restriction
- Identifies & reduces food triggers
- Dairy/Gluten-free optional
- Limited legumes
- Promotes body awareness to food
- Reduces inflammation
- Restricts certain carbohydrates

ANTI-CANDIDA

- Low in simple sugars
- No calorie restriction
- Reduced carbohydrates
- Identifies food triggers
- Grain-free optional / low-grain
- Limited legumes optional
- Promotes body awareness to food
- Reduces inflammation
- Supports healthy microbiome
- Low glycemic impact