

FirstLineTherapy® Food Modification Worksheet

SERVING PER DAY

	1,300 Calorie	1,600 Calorie	1,800 Calorie	2,000 Calorie	2,200 Calorie	2,400 Calorie	2,600 Calorie	2,800 Calorie	3,000 Calorie	3,200 Calorie
Medical Food *1 serving = 2 scoops	2	2	2	2	2	2	2	2	3	3
Concentrated Protein **1 serving = 3-4 oz. (chicken/beef)	2	3	3	3	3	4	4	5	5	5
Legumes	1	2	2	2	3	3	3	3	3	3
Dairy/Dairy Alternative	0	1	1	1	1	2	2	2	2	2
Nuts& Seeds	1	1	1	2	2	2	2	3	3	3
Vegetables— Category 1	Min. 3-4	Min. 3-4	Min. 3-4	Min. 3-4	Min. 3-4	Min. 3-4	Min. 4	Min. 5	Min. 5	Min. 5
Vegetables— Category 2	1	1	1	2	2	2	2	3	3	3
Fruits	2	2	3	3	3	3	4	4	4	5
Grains	1	1	1	1	1	2	2	2	2	3
Oils	4	4	6	6	6	6	6	6	6	6
EPA/DHA Supplement EPA/DHA 720	2 caps	3 caps	3 caps	3 caps	4 caps	4 caps	4 caps	4 caps	5 caps	5 caps

* Your healthcare practitioner will provide specific direction regarding medical food consumption.

** Refer to FLT Patient Guide Book for more serving size information.

Food Modifications:

► Want More Fruits?

- o Increase fruits by 1 svg
 - Decrease vegetables category #2 by 1 svg
 - Increase vegetables category #1
- o **OR** Increase fruits by 2 svgs
 - Eliminate vegetables category #2
 - Eliminate grains
 - Increase vegetables category #1
 - Add soluble fiber blend, ½ - 1 scoop per day

► Less Fruits?

- o Eliminate 1 fruit
 - Increase vegetables category #2 by 1 svg
 - Increase vegetables category #1

► Less Legumes?

- o Increase nuts and seeds by same amount and add a soluble fiber blend, ½ - 1 scoop per day
- o **OR** Increase protein by 1 serving and add a soluble fiber blend ½-1 scoop per day

► Less Nuts and Seeds?

- o Increase legumes by 1 serving
- o **OR** Increase protein by 1 serving and add a soluble fiber blend ½-1 scoop per day

Food Modifications for Vegetarians:

Focus your vegetables category 1 on certain greens such as collards, kale, broccoli, chard, spinach, and Brussels sprouts, that are generally higher in protein content.

► Removing animal protein from the dairy category

- o Substitute soy, hazelnut, almond or hemp milk
- o Substitute soy yogurt for regular yogurt

► Removing animal protein from concentrated protein category

- o Add seitan[†], 4 oz. = 1 concentrated protein
- o Focus on tofu, soy burgers, and tempeh
- o Have eggs if not vegan
- o Have cheese if not vegan
- o 2 extra legume servings are equal to 1 animal protein
- o 1 extra nut serving plus 1 extra ounce of seitan or tempeh are equal to 1 animal protein

[†]contains gluten

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CALCULATING BMR CALORIE REQUIREMENTS

Calculating BMR Calorie Requirements

BIA BMR:	_____
Activity Factor Adjustment	x _____
FLT Subtotal	= _____
Weight loss Adjustment:	- _____
FLT BMR:	= _____

Activity Adjustments

Sedentary behavior or minimal activity = BMR

Mild daily activity = BMR x 1.1

Moderate daily activity = BMR x 1.3

Strenuous daily activity = BMR x 1.5

Weight Loss Adjustment

Men

BMI 19-25 No need to subtract calories unless increased fat % or WHR

BMI 25-30 Subtract 500 calories

BMI 30+ Subtract 700 calories

Women

BMI 19-25 No need to subtract calories unless increased fat % or WHR

BMI 25-30 Subtract 300 calories

BMI 30+ Subtract 500 calories