## Food Modification Worksheet

<table>
<thead>
<tr>
<th>Servings Per Day</th>
<th>1,000 Calorie</th>
<th>1,300 Calorie</th>
<th>1,600 Calorie</th>
<th>1,800 Calorie</th>
<th>2,000 Calorie</th>
<th>2,200 Calorie</th>
<th>2,400 Calorie</th>
<th>2,600 Calorie</th>
<th>2,800 Calorie</th>
<th>3,000 Calorie</th>
<th>3,200 Calorie</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical Food</td>
<td>1</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
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<td>2</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>*1 serving = 2 scoops</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Concentrated Protein</td>
<td>2</td>
<td>2</td>
<td>3</td>
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<td>4</td>
<td>4</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>*1 serving = 3-4 oz. (chicken/beef)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Legumes</td>
<td>1</td>
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<td>2</td>
<td>2</td>
<td>2</td>
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<td>3</td>
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</tr>
<tr>
<td>Dairy/Dairy Alternative</td>
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<td>0</td>
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<td>1</td>
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<td>2</td>
<td>2</td>
<td>2</td>
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<td>2</td>
</tr>
<tr>
<td>Nuts &amp; Seeds</td>
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<td>1</td>
<td>1</td>
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<td>2</td>
<td>2</td>
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</tr>
<tr>
<td>Category 2 Vegetables</td>
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<td>1</td>
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<td>2</td>
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<td>3</td>
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<td>3</td>
</tr>
<tr>
<td>Fruits</td>
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<td>3</td>
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<td>4</td>
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</tr>
<tr>
<td>Grains</td>
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<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
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<td>2</td>
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<tr>
<td>Oils</td>
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<td>6</td>
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</tr>
<tr>
<td>EPA/DHA® Supplement</td>
<td>softgels</td>
<td>softgels</td>
<td>softgels</td>
<td>softgels</td>
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<td>softgels</td>
<td>softgels</td>
<td>softgels</td>
<td>softgels</td>
</tr>
</tbody>
</table>

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

### Food Modifications:

#### More Fruits?
- Increase fruits by 1 svg
  - Decrease category 2 vegetables by 1 svg
  - Increase category 1 vegetables

#### More Category 2 Vegetables?
- Eliminate category 2 vegetables
- Eliminate grains
- Increase category 1 vegetables
- Add soluble fiber blend, ½-1 scoop per day

#### Less Nuts and Seeds?
- Eliminate nuts and seeds
- Increase legumes by 1 svg
- Increase protein by 1 svg and add a soluble fiber blend ½-1 scoop per day

#### More Grains?
- Increase grains by 1 svg
- Decrease fruits by 1 svg
- Increase category 1 vegetables

#### Less Legumes?
- Eliminate legumes
  - Increase nuts and seeds by 1 svg and add a soluble fiber blend, ½-1 scoop per day
  - Increase protein by 1 svg and add a soluble fiber blend ½-1 scoop per day

### Food Modifications for Vegetarians:

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

#### Removing animal protein from the dairy category
- Substitute soy, hazelnut, almond, or hemp milk
- Substitute soy yogurt for regular yogurt

#### Removing animal protein from the concentrated protein category
- Add seitan†, 4 oz. (113 g) = 1 concentrated protein
- Focus on tofu, soy burgers, and tempeh
- Have eggs if not vegan
- Have cheese if not vegan
- 2 extra legume servings are equal to 1 animal protein
- 1 extra nut serving plus 1 extra ounce of seitan or tempeh are equal to 1 animal protein

† Contains gluten