

Options for Therapeutic Macronutrient Distributions

Table 4. Food Distribution for a Low Carbohydrate and Mild Ketogenic Approach

Calories	1000–1200	1200–1400	1400–1800	1800–2200	2200–2500
Calorie Guidelines for Females	Reduced	Mildly Reduced	Standard	Active	
Calorie Guidelines for Males		Reduced	Mildly Reduced	Standard	Active
Proteins	6–8 oz	8–9 oz	9–11 oz	11–14 oz	14–15 oz
Legumes	1	1	1	1	3
Dairy/Alternatives	0	0	0	0	1
Nuts & Seeds	4	4–5	5–8	8–9	9–10
Fats & Oils	5–6	6–8	8–12	12–16	16–17
Vegetables, non-starchy*	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited
Vegetables, starchy	1	1	1	1	1
Fruit	2	2	2	2	2
Grains	0	0	0	0	0

Note: units are servings unless otherwise noted.

*Non-starchy vegetables are not included in the calculations for calories and macronutrient distribution.

Macronutrient Distribution for a Ketogenic Approach

The final macronutrient distribution approach (Table 5) provides guidance for allocating servings to induce a ketogenic response at different calorie levels. A 600-calorie column is provided to guide intermittent fasting, should practitioners choose to include fasting in a patient's dietary program. Intermittent fasting should be done under the guidance and supervision of a qualified health care provider or nutrition professional. For further information on personalizing the Mito Food Plan, see the Comprehensive Guide that describes the role of calorie restriction and intermittent fasting.

In the Mito Food Plan Suite, the Mito Food Plan – Weekly Planner and Recipes document suggests limiting fruit and dairy choices and eliminating grains, legumes, or starchy vegetables outright in order to achieve an approximant macronutrient distribution of 20 % carbohydrates, 20–35 % protein, and 60–80% fats. When using a stricter ketogenic diet approach, the carbohydrates from non-starchy vegetables are included when counting daily carbohydrates. The exact amount of carbohydrates per day can vary by individual according to activity level/calorie need. Table 5 provides a baseline; ½ to 1 serving of carbohydrate from fruit, dairy, legumes, non-starchy vegetables, and occasionally gluten-free grains can be added or removed as needed while ketones are monitored with urine ketone strips. The following table shows only fruit as a carbohydrate, but this can be exchanged for any of the other carbohydrate food categories according to patient preference and ketone status. It is recommended that patients work with an experienced nutritionist when following a strict ketogenic diet.

