



UltraMeal Medical Foods Program Guide

What are Medical Foods?

Medical foods provide specific nutrients in therapeutic levels that otherwise are not available through ordinary diet or supplements to nutritionally manage a specific disease or condition.

Metagenics medical foods offer a safer approach to addressing chronic conditions

- Developed through extensive research
- Contain natural ingredients
- Low risk of serious adverse effects
- Used under the supervision of a licensed healthcare professional

Metagenics Medical Food for You.

Your healthcare practitioner has prescribed a medical food that will help to address your specific health condition. Use this guide to help understand all aspects of the program to help you meet your healthcare goals

Formula	Application	Advantages
<input type="checkbox"/> UltraMeal®	<ul style="list-style-type: none">• Altered body composition• Central obesity• Insulin resistance	Provides nutritional support for patients with metabolic syndrome.
<input type="checkbox"/> UltraMeal® Plus	<ul style="list-style-type: none">• Hypercholesterolemia• Hypertriglyceridemia• Hypertension	Provides nutritional support for patients with metabolic syndrome and cardiovascular disease.
<input type="checkbox"/> UltraMeal® Plus 360°	<ul style="list-style-type: none">• Hypercholesterolemia• Hypertriglyceridemia• Hypertension	Provides nutritional support for patients with metabolic syndrome and cardiovascular disease featuring SKRMs.
<input type="checkbox"/> GlycemX™ 360°	<ul style="list-style-type: none">• Insulin and glucose metabolism support	Provides specialized nutritional support for patients with type 2 diabetes, featuring selective kinase response modulators (SKRMs) designed to improve fasting insulin and lipid parameters.
<input type="checkbox"/> UltraGlycemX®	<ul style="list-style-type: none">• Insulin and glucose metabolism support	Provides specialized nutritional support for patients with type 2 diabetes.

Note: Medical Foods are to be used under the direct supervision of a physician or other licensed healthcare practitioner. Do not engage in any diet supplying less than 800 calories per day without medical supervision.

Easy-to-Follow Program

This scientifically designed program includes targeted nutrition, a healthy eating plan, simple exercise, and basic recommendations for stress management. If that sounds easy, that's because it is. After just a few weeks, most people notice improved energy as they work toward a better body composition and better health.



Targeted Nutrition

Your healthcare provider will recommend a Metagenics nutritional beverage designed to support a healthy body composition, along with other nutritional supplements.



Eating Plan

A "modified Mediterranean diet with a low glycemic load" may look like a mouthful, but it's actually very simple. Just follow the recommendations.



Moderate Exercise

Just 30 minutes of brisk walking 5 days a week is a great start. Add resistance training to build muscle. And stretching helps improve flexibility and aid muscle recovery.



Stress Management

Practicing stress management techniques helps curb unhealthy habits that contribute to illness. Schedule time for at least 1 stress relief activity each day.

Professional Supervision



Your success can improve dramatically when you follow the guidance of your healthcare provider. Program adjustments may be made to better suit your individual health needs.

Create Your Personalized Eating Plan

Step 1 Following the example on the left, use the *Food Groups & Servings Chart* on the right to determine the number of servings you should eat from each of the nine recommended food groups every day. Be sure to include the recommended number of servings of the medical food and OmegaGenics™ EPA-DHA 720.

Example

		Daily Calorie Goal			
		<input type="checkbox"/> 1,000	<input checked="" type="checkbox"/> 1,300	<input type="checkbox"/> 1,600	<input type="checkbox"/> 1,800
		Food Groups			
		Servings Per Day			
Medical Food	Medical Food *1 svlg. = 2 scoops	1	2	2	2
	1. Legumes	1	1	2	2
	2. Category 1 Vegetables (minimum)	3-4	3-4	3-4	3-4
	3. Category 2 Vegetables	1	1	1	1
	4. Concentrated Protein *1 svlg. = 3-4 oz. (chicken/beef)	2	2	3	3
	5. Oils/Fats	3	4	4	6
	6. Nuts & Seeds	1	1	1	1
	7. Fruits	2	2	2	3
	8. Dairy/Dairy Alternative	0	0	1	1
	9. Whole Grains	1	1	1	1
EPA-DHA		2	2	3	3

Check the daily calorie goal your healthcare provider has determined is right for you

The column below your daily calorie goal lists the number of servings you should eat from each food group every day

Food Group and Serving Chart

		Daily Calorie Goal										
		<input type="checkbox"/> 1,000	<input type="checkbox"/> 1,300	<input type="checkbox"/> 1,600	<input type="checkbox"/> 1,800	<input type="checkbox"/> 2,000	<input type="checkbox"/> 2,200	<input type="checkbox"/> 2,400	<input type="checkbox"/> 2,600	<input type="checkbox"/> 2,800	<input type="checkbox"/> 3,000	<input type="checkbox"/> 3,200
		Food Groups										
		Servings Per Day										
Medical Food *1 svlg. = 2 scoops		1	2	2	2	2	2	2	2	2	3	3
1. Legumes		1	1	2	2	2	3	3	3	3	3	3
2. Category 1 Vegetables (minimum)		3-4	3-4	3-4	3-4	3-4	3-4	3-4	4	5	5	5
3. Category 2 Vegetables		1	1	1	1	2	2	2	2	3	3	3
4. Concentrated Protein *1 svlg. = 3-4 oz. (chicken/beef)		2	2	3	3	3	3	4	4	5	5	5
5. Oils/Fats		3	4	4	6	6	6	6	6	6	6	6
6. Nuts & Seeds		1	1	1	1	2	2	2	2	3	3	3
7. Fruits		2	2	2	3	3	3	3	4	4	4	5
8. Dairy/Dairy Alternative		0	0	1	1	1	1	2	2	2	2	2
9. Whole Grains		1	1	1	1	1	1	2	2	2	2	3
OmegaGenics™ EPA-DHA 720 (# softgels)		2	2	3	3	3	4	4	4	4	5	5

Recommended Food List

Step 2 Write the number of daily servings you should eat next to the corresponding food group in the *Recommended Foods List* below.

Medical Foods

_____ # servings per day

□□□□

Legumes (vegetable protein)

_____ # servings per day

□□□□

Beans: black, cannellini, garbanzo/chickpea, fat-free refried, kidney, lima, mung, navy, pinto (½ cup)

Beans: green soy/edamame (⅓ cup)

Hummus (¼ cup)

Lentils: red & green (½ cup)

Peas: sweet green (¾ cup) or yellow & green split or snow (½ cup)

Soups: bean, pea (¾ cup)

Category 1 Vegetables

_____ # servings per day

□□□□□□

Serving Size = ½-1 cup
Fresh or canned juices made from these vegetables are also allowed

Asparagus

Artichokes

Bamboo shoots

Bean sprouts

Broccoli, broccoflower

Brussels sprouts

Cabbage

Cauliflower

Celery

Chives, onion, leeks, scallions

Cucumber/Dill pickles

Cabbage (all types)

Eggplant

Garlic

Green beans

Greens: bok choy, escarole, Swiss chard, kale, collard greens, spinach, dandelion, mustard greens, beet greens

Lettuce/Mixed greens:

romaine, red & green leaf, endive, spinach, arugula, radicchio, watercress, chicory

Mushrooms

Okra

Peppers

Radishes

Tomatoes

Water chestnuts (5 whole)

Squash: zucchini, yellow, summer, spaghetti squash

Salsa (sugar-free)

Sea vegetables (kelp, etc.)

Category 2 Vegetables

_____ # servings per day

□□□□

Serving size = ½ cup, or as indicated

Beets

Winter squash: acorn, butternut

Sweet potatoes or yams, (½ medium baked)

Carrots (½ cup cooked or 2 med. raw or 12 baby carrots)

Potato: new potatoes, such as red or Yukon Gold (½ med.)

Rutabaga, parsnips, turnips (½ cup cooked)

Concentrated Protein

_____ # servings per day

□□□□□□

Beef: lean, organic, free-range (e.g., flank steak) (3 oz.)

Cheese, cottage: lowfat or nonfat (¾ cup)

Cheese, mozzarella: part skim or nonfat (2 oz. or ½ cup shredded)

Cheese, Parmesan: fresh grated (6 Tbsp.)

Cheese, ricotta: part skim or nonfat (½ cup)

Eggs (2 whole or 3 whites + 1 whole)

Fish & shellfish: all varieties (3 oz.)

Game meats: venison, elk, buffalo, etc. (3 oz.)

Lamb: lean leg

Poultry, all types: white meat only, dark meat turkey okay (3 oz.)

Soy or veggie burger (4 oz.)

Tempeh (3 oz. or ½ cup)

Tofu, unsweetened: fresh (8 oz. or 1 cup) or baked (3.5 oz.)

Oils/Fats

_____ # servings per day

□□□□□□□□

Avocado (⅓)

Coconut milk: light (3 Tbsp.) or regular (1.5 Tbsp.)

Oils (all cold-pressed): canola, coconut, flaxseed oil (refrigerate), grapeseed, extra virgin olive (1 tsp.)

Mayonnaise made with above oils, no sugars added (1 tsp.)

Olives (8-10 med.)

Vegetable oil spread: organic (1.5 tsp.)

Nuts & Seeds

_____ # servings per day

□□□□

Almonds or hazelnuts, (10-12 whole nuts)

Coconut, unsweetened grated (3 Tbsp.)

Walnut or pecan halves, (7-8)

Peanuts (18 nuts or 2 Tbsp.)

Pine nuts or pistachios (2 Tbsp.)

Sunflower, pumpkin, or sesame seeds, (2 Tbsp.)

Nut butter (1 Tbsp. made from above nuts)

Fruits

_____ # servings per day

□□□□□□

Apple (1 med.)

Applesauce, unsweetened (¾ cup)

Apricot (3 med.)

Berries: blackberries, blueberries (1 cup); raspberries, strawberries (1.5 cups)

Cantaloupe (¼)

Cherries (15)

Figs: fresh (2)

Grapes (15)

Grapefruit (1 whole)

Honeydew melon (¼ small)

Kiwi (2)

Mango (½ med.)

Nectarine (2 small)

Orange (1 large)

Peach (2 small, 1 med.)

Persimmon (½)

Pear (1 med.)

Plum (2 small)

Tangerine (2 small)

Watermelon (2 cups)

Dairy & Dairy Alternatives

_____ # servings per day

□□

Serving size = 6 oz. or ¾ cup

Buttermilk: 1%, 2%, or nonfat

Cheese, feta: nonfat

Milk: 1% or nonfat

Milk alternatives, unsweetened: soy, almond, hazelnut, or hemp

Sour cream: nonfat (6 Tbsp.)

Yogurt, plain unsweetened: lowfat, fat-free, regular, goat milk, or Greek

Yogurt, soy: plain unsweetened (4 oz.)

Whole Grains

_____ # servings per day

□□□□

Breads: 100% whole grain or 100% rye (1 slice)

Buckwheat, sorghum, teff, barley, or quinoa (½ cup cooked)

Bulgur (or cracked wheat) (¾ cup cooked)

Crackers: whole grain rye, lite rye, sesame rye, rye crispbread, or sesame wheat (3 crackers)

Millet (½ cup cooked)

Oatmeal: unsweetened (¾ cup cooked)

Oats: steel cut (½ cup cooked) or whole (⅓ cup uncooked)

Pasta: whole wheat, spelt, farro, or kamut (½ cup cooked)

Pita: whole wheat (½)

Rice: brown or wild (½ cup cooked)

Tortilla: whole wheat (½) or low carbohydrate (1 large or 2 small)

Beverages

_____ # servings per day

□□□□□□

Coffee: decaffeinated

Tea: decaffeinated or herbal

Vegetable juices: unsweetened

Water: seltzer, plain, flavored

Seasonings & Sweeteners

_____ # servings per day

□□□□□□

Serving size = unlimited, or as indicated

Carob

Cinnamon

Flavored extracts: almond, coconut, vanilla, etc.

Lemon

Lime

Mustard: dry or liquid with no sugar/honey

Onions

Peppers

Tamari soy sauce

Vinegar

All other herbs/spices

Agave syrup (1 tsp. daily)

Stevia

OmegaGenics™

EPA-DHA 720

_____ # servings per day

□□□□□□

Step 3 Use the *Recommended Foods List* from the previous page to determine your food preferences into the *Personalized Eating Schedule*. Pay attention to the number of servings, meal timing, and serving size. Congratulations! You have just created your

Example

Wake Up Time <u>6:30</u>	
Morning Meal Time <u>7:00</u> 1 medium peach 1 Hardboiled Egg	Enter your food choices in the space for meals and snacks
Morning Snack Time <u>9:30</u> UltraMeal Plus 360 Drink	
Midday Meal Time <u>12:00</u> 1 serving Turkey Chili Spinach salad	Put a ✓ in the tally boxes as you go, to confirm that you've included all the required servings for the day
Afternoon Snack Time <u>3:00</u> UltraMeal Plus 360 Peach Melba Smooth	
Evening Meal Time <u>6:00</u> ¾ cup Creamy Cold Tomato Soup 3 oz. sautéed halibut 1 serving brown rice or barley with vegetables	Remember to include your medical food
Evening Snack Time <u>9:00</u> ¼ cup Hummus with 2 carrots, raw celery, and cucumber sticks	
Water/Drinks (not listed with meals above) <i>As much as possible - app. 1/2 my body weight in ounces</i>	Observe the serving sizes for each food selection
Activity/Exercise (detail type and duration) <i>Walking 30 minutes</i>	
Relaxation/Sleep (detail type and duration) <i>Music & Reading - 1 hour per night</i>	

Include the required number of servings in your menu each day

Fruits
3 # servings per day

✓✓✓□□
Apple (1 med.)
Applesauce, unsweetened (¾ cup)
Apricot (3 med.)
Berries: blackberries, blueberries (1 cup); raspberries, strawberries (1.5 cups)
Cantaloupe (¼)
Cherries (15)
Figs: fresh (2)
Grapes (15)
Grapefruit (1 whole)
Honeydew melon (¼ small)
Kiwi (2)
Mango (½ med.)
Nectarine (2 small)
Orange (1 large)
Peach (2 small, 1 med.)
Persimmon (½)
Pear (1 med.)
Plum (2 small)
Tangerine (2 small)
Watermelon (2 cups)

Personalized Eating Schedule

Wake Up Time _____
Morning Meal Time _____
Morning Snack Time _____
Midday Meal Time _____
Afternoon Snack Time _____
Evening Meal Time _____
Evening Snack Time _____
Water/Drinks (not listed with meals above)
Activity/Exercise (detail type and duration)
Relaxation/Sleep (detail type and duration)

Tips & Helpful Information

Eating & Snacking

- **Don’t skip meals.** It increases hunger and you may eat too much later. And it deprives your body of nutrients that ensure program success.
- **Break the fast.** Skipping breakfast signals a fasting mode to store fat and burn muscle for energy. Eating breakfast reduces risk to obesity and metabolic syndrome by 35% to 50%. But breakfasts of high-GI foods (donuts, bagels, sugary cereals) increase risk to heart disease and type 2 diabetes. Choose low-GI foods instead.
- **Eat slowly.** It takes 20 minutes for your stomach to send the “full” message to your brain. Eating is a pleasant experience, so savor it!

Timing

- **Eat every 2.5-3 hours.** Distributing your food choices over a schedule of frequent smaller meals produces significant advantages over the traditional breakfast, lunch, and dinner schedule..

- **Control Portions.** Comply with the recommended portion sizes noted for each food within the food list on the Recommended Food List.

Dining Out

- **Snack first.** Consume the nutritional beverage (or bar) before you go out, as you may be too full later. Consuming the nutritional beverage or snack beforehand also helps prevent overeating.

- **Control portions.** Order menu items that closely resemble the meal plan, and ask for a doggie bag before you eat. Leave an adequate portion to enjoy immediately and take the rest home.

Shopping

- **Go organic.** Look for foods (fresh, canned, frozen) and seasonings that are USDA-certified organic.
- **Roam wild & free.** Select wild caught salmon over farm-raised (artificial colors/chemicals). Choose free-range and hormone-free chicken, turkey, and beef.

Menu Planning

- **Plan ahead.** Prepare a week’s menu and buy all the foods you’ll need.
- **Short cuts.** When you get home, rinse and cut up raw vegetables for quick salads and snacks.

Travel & Work

- **Get packing.** Choose portable, healthy snacks for work or short travel. Pre-measure servings of the nutritional beverage powder into plastic sandwich bags.
- **Shake it up.** Buy a small battery-operated mixer or shaker cup with lid for times when a blender isn’t available.
- **Check the bar.** Ask if the nutritional beverage is also available in a bar form for a convenient travel option.

Portion Chart

Use these pictures as examples in estimating your recommended serving sizes for a healthy, lifelong diet.

Legumes 1/4 - 3/4 cup 	Nuts & Seeds 1/4 - 3/4 cup 
Category 1 Vegetables 1/2 - 1 cup 	Fruits 1/4 - 3/4 cup 
Category 2 Vegetables 1/2 cup 	Dairy & Dairy Alternatives 3/4 cup 
Concentrated Protein 3-ounces 	Whole Grains 1 slice bread, or 1/3 - 1/2 cup grains 
Oils/Fats 1 - 3 teaspoons 	Beverages 8-ounces 

Shopping List (continued)

Nuts & Seeds

- ❑ Almonds or hazelnuts, (10-12 whole nuts)
- ❑ Coconut, unsweetened grated (3 Tbsp.)
- ❑ Walnut or pecan halves, (7-8)
- ❑ Peanuts (18 nuts or 2 Tbsp.)
- ❑ Pine nuts or pistachios (2 Tbsp.)
- ❑ Sunflower, pumpkin, or sesame seeds, (2 Tbsp.)
- ❑ Nut butter (1 Tbsp. made from above nuts)

Fruits

- ❑ Apple (1 med.)
- ❑ Applesauce, unsweetened (¾ cup)
- ❑ Apricot (3 med.)
- ❑ Berries: blackberries, blueberries (1 cup); raspberries, strawberries (1.5 cups)
- ❑ Cantaloupe (¼)
- ❑ Cherries (15)
- ❑ Figs: fresh (2)
- ❑ Grapes (15)
- ❑ Grapefruit (1 whole)
- ❑ Honeydew melon (¼ small)
- ❑ Kiwi (2)
- ❑ Mango (½ med.)
- ❑ Nectarine (2 small)
- ❑ Orange (1 large)
- ❑ Peach (2 small, 1 med.)
- ❑ Persimmon (½)
- ❑ Pear (1 med.)
- ❑ Plum (2 small)
- ❑ Tangerine (2 small)
- ❑ Watermelon (2 cups)

Dairy & Dairy Alternatives

- ❑ Buttermilk: 1%, 2%, or nonfat
- ❑ Cheese, feta: nonfat
- ❑ Milk: 1% or nonfat
- ❑ Milk alternatives, unsweetened: soy, almond, hazelnut, or hemp
- ❑ Sour cream: nonfat (6 Tbsp.)
- ❑ Yogurt, plain unsweetened: lowfat, fat-free, regular, goat milk, or Greek
- ❑ Yogurt, soy: plain unsweetened (4 oz.)

Whole Grains

- ❑ Breads: 100% whole grain or 100% rye (1 slice)
- ❑ Buckwheat, sorghum, teff, barley, or quinoa (½ cup cooked)
- ❑ Bulgur (or cracked wheat) (⅔ cup cooked)
- ❑ Crackers: whole grain rye, lite rye, sesame rye, rye crispbread, or sesame wheat (3 crackers)
- ❑ Millet (⅓ cup cooked)
- ❑ Oatmeal: unsweetened (¾ cup cooked)
- ❑ Oats: steel cut (½ cup cooked) or whole (⅓ cup uncooked)
- ❑ Pasta: whole wheat, spelt, farro, or kamut (½ cup cooked)
- ❑ Pita: whole wheat (½)
- ❑ Rice: brown or wild (½ cup cooked)

- ❑ Tortilla: whole wheat (½) or low carbohydrate (1 large or 2 small)

Beverages

- ❑ Coffee: decaffeinated
- ❑ Tea: decaffeinated or herbal
- ❑ Vegetable juices: unsweetened
- ❑ Water: seltzer, plain, flavored

Seasonings & Sweeteners

- Serving size = unlimited, or as indicated
- ❑ Carob
 - ❑ Cinnamon
 - ❑ Flavored extracts: almond, coconut, vanilla, etc.
 - ❑ Lemon
 - ❑ Lime
 - ❑ Mustard: dry or liquid with no sugar/honey
 - ❑ Onions
 - ❑ Peppers
 - ❑ Tamari soy sauce
 - ❑ Vinegar
 - ❑ All other herbs/spices
 - ❑ Agave syrup (1 tsp. daily)
 - ❑ Stevia

Shopping List

Let's go shopping! Be sure to go shopping for everything you need to successfully support your 10-day program. Buy organic foods when possible.

Legumes (vegetable protein)

- ❑ **Beans:** black, cannellini, garbanzo/chickpea, fat-free refried, kidney, lima, mung, navy, pinto (½ cup)
- ❑ **Beans:** green soy/edamame (½ cup)
- ❑ **Hummus** (¼ cup)
- ❑ **Lentils:** red & green (½ cup)
- ❑ **Peas:** sweet green (¾ cup) or yellow & green split or snow (½ cup)
- ❑ **Soups:** bean, pea (¾ cup)

Category 1 Vegetables

Serving Size = ½-1 cup
Fresh or canned juices made from these vegetables are also allowed

- ❑ **Asparagus**
- ❑ **Artichokes**
- ❑ **Bamboo shoots**
- ❑ **Bean sprouts**
- ❑ **Broccoli, broccoflower**
- ❑ **Brussels sprouts**
- ❑ **Cabbage**
- ❑ **Cauliflower**
- ❑ **Celery**
- ❑ **Chives, onion, leeks, scallions**
- ❑ **Cucumber/Dill pickles**
- ❑ **Cabbage (all types)**
- ❑ **Eggplant**
- ❑ **Garlic**
- ❑ **Green beans**
- ❑ **Greens:** bok choy, escarole, Swiss chard, kale, collard greens, spinach, dandelion, mustard greens, beet greens

- ❑ **Lettuce/Mixed greens:** romaine, red & green leaf, endive, spinach, arugula, radicchio, watercress, chicory
- ❑ **Mushrooms**
- ❑ **Okra**
- ❑ **Peppers**
- ❑ **Radishes**
- ❑ **Tomatoes**
- ❑ **Water chestnuts** (5 whole)
- ❑ **Squash:** zucchini, yellow, summer, spaghetti squash
- ❑ **Salsa** (sugar-free)
- ❑ **Sea vegetables** (kelp, etc.)

Category 2 Vegetables

Serving size = ½ cup, or as indicated

- ❑ **Beets**
- ❑ **Winter squash:** acorn, butternut
- ❑ **Sweet potatoes or yams,** (½ medium baked)
- ❑ **Carrots** (½ cup cooked or 2 med. raw or 12 baby carrots)
- ❑ **Potato:** new potatoes, such as red or Yukon Gold (½ med.)
- ❑ **Rutabaga, parsnips, turnips** (½ cup cooked)

Concentrated Protein

- ❑ **Beef:** lean, organic, free-range (e.g., flank steak) (3 oz.)
- ❑ **Cheese, cottage:** lowfat or nonfat (¾ cup)
- ❑ **Cheese, mozzarella:** part skim or nonfat (2 oz. or ½ cup shredded)

- ❑ **Cheese, Parmesan:** fresh grated (6 Tbsp.)
- ❑ **Cheese, ricotta:** part skim or nonfat (½ cup)
- ❑ **Eggs** (2 whole or 3 whites + 1 whole)
- ❑ **Fish & shellfish:** all varieties (3 oz.)
- ❑ **Game meats:** venison, elk, buffalo, etc. (3 oz.)
- ❑ **Lamb:** lean leg
- ❑ **Poultry, all types:** white meat only, dark meat turkey okay (3 oz.)
- ❑ **Soy or veggie burger** (4 oz.)
- ❑ **Tempeh** (3 oz. or ½ cup)
- ❑ **Tofu, unsweetened:** fresh (8 oz. or 1 cup) or baked (3.5 oz.)

Oils/Fats

- ❑ **Avocado** (½)
- ❑ **Coconut milk:** light (3 Tbsp.) or regular (1.5 Tbsp.)
- ❑ **Oils** (all cold-pressed): canola, coconut, flaxseed oil (refrigerate), grapeseed, extra virgin olive (1 tsp.)
- ❑ **Mayonnaise** made with above oils, no sugars added (1 tsp.)
- ❑ **Olives** (8-10 med.)
- ❑ **Vegetable oil spread:** organic (1.5 tsp.)



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