

## The Anti-Inflammatory Diet

The foods listed below in the “Foods to Eat” column are just examples; experiment with other whole foods as long as they do not fall into the “Foods to Avoid” category. Try to eat only organically grown foods as they have been shown to provide many more times the number of nutrients as their conventional counterparts—this is a better investment than a multi-vitamin! You are also limiting your body’s direct exposure to toxins (pesticides) by eating organic and lessening your indirect exposure by reducing toxins in your environment. Eat a wide variety of foods; try not to eat 1 food more than 5 times per week.

Food Category	Foods to Eat	Foods to Avoid
<p><b>Vegetables:</b> Eat mostly lower carbohydrate vegetables in the 3% to 6% categories. Season and your personal digestive health will help determine whether cooked or raw vegetables are best. Steaming vegetables improves the utilization or availability of the food nutrients, allowing the GI mucosa to repair itself. During the winter eat mostly cooked veggies with a small amount of raw salad and/or fermented foods with every meal.</p>	<p><b>3%:</b> asparagus, bean sprouts, beet greens, broccoli, red and green cabbage, cauliflower, celery, swiss chard, cucumber, endive, lettuce, mustard greens, dandelion greens, radishes, spinach and watercress.  <b>6%:</b> string beans, beets, bok choy, brussel sprouts, chives, collards, kale, kohlrabi, leeks, onion, parsley, red pepper, rutabagas, turnips and zucchini  <b>15%:</b> artichoke, parsnip, green peas, squash and carrot  <b>20%+:</b> yams and sweet potatoes</p>	<p>Tomatoes            Potatoes            Eggplant            Green bell peppers            Corn</p>
<p><b>Grains:</b> Include 1 - 2 cups of whole grains per day unless you have hypertension, high cholesterol, diabetes or are over weight. Those with arthritis may also benefit from grain elimination.</p>	<p>Amaranth, buckwheat, millet, oatmeal (gluten-free preferred), quinoa, basmati or brown rice, and teff.            Rice crackers are okay in moderation.</p>	<p>All wheat products including breads, cereals, white flour and pasta that is made from wheat. Corn (corn chips, corn tortillas, etc).</p>
<p><b>Legumes:</b> Soak legumes over night and cook them slowly the next day, adding a small piece of kombu during cooking is helpful. Alternatively, bring legumes to boil in water, simmer 15 minutes, turn off heat and let sit 2 hours. Rinse and add new cooking water or broth and continue with cooking. In a pinch, canned is okay; Eden Organic soaks their beans before canning in BPA free cans.</p>	<p>Split peas, lentils, kidney beans, pinto beans, navy beans, black beans, garbanzo beans, fermented soy (tempeh or miso), mung beans and aduki beans.</p>	<p>Tofu</p>
<p><b>Seafood:</b> Deep-water ocean fish are an excellent source of essential fatty acids. Never eat farmed fish. They have been given antibiotics and other chemicals, and are lower in essential fatty acids.</p>	<p>Wild salmon, cod haddock, halibut, mackerel, sardines, trout and summer flounder. Poach, bake, or broil.</p>	<p>Shellfish: shrimp, crab, lobster, clams</p>
<p><b>Meat:</b> Just a few ounces will help maintain blood sugar and energy.</p>	<p>Chicken, turkey, wild game, elk, venison, and lamb.</p>	<p>Pork, beef. Some organic is okay in small amounts, none during cleansing.</p>

<b>Food Category:</b>	<b>Foods to Eat:</b>	<b>Foods to Avoid:</b>
<b>Fruit:</b> Eat only 1 – 2 pieces of fruit per day. Eat mostly seasonal local fruit. Baked fruit is less inflammatory and easier to digest for many. Try to eat fruits mostly in the lower 3% and 6% carbohydrate category.	<b>3%:</b> cantaloupe, rhubarb, melons and strawberries <b>6%:</b> apricot, blackberries, cranberries, papaya, peach, plum, raspberries and kiwi <b>15%:</b> apple, blueberries, cherries, grapes, pear, pineapple, pomegranate <b>20%:</b> banana, figs, and prunes	Citrus fruits (some lemon is okay) Dried fruits in moderation
<b>Butter and Oils:</b> Healthy fats are an important part of every diet. Some nutrients are not absorbed well without them.	<b>Oils for cooking or not:</b> Organic coconut oil, preferably unrefined and cold pressed. Organic butter, preferably from pastured animals or raw. Ghee. Small amounts of sesame oil. <b>Oils not recommended for heating:</b> Extra-virgin olive oil. Walnut and other nut oils. Cold-pressed canola and sunflower oils are okay but not the best choice.	Trans fats Hydrogenated and partially hydrogenated oils Soy oil Oils stored in clear containers
<b>Spices:</b>	Add any favorite spice to enhance flavor.	
<b>Sweeteners:</b>	Small amounts of honey, grade B Maple syrup and coconut sugar.	<b>ALL</b> artificial sweeteners: Nutrasweet, Splenda, Sweet'n'low. No white sugar, brown sugar or evaporated cane juice.
<b>Dairy:</b>	Small amounts of organic butter are okay	Dairy products including cheese, animal milks, yogurt, ice cream
<b>Nuts and Seeds:</b> Eat mostly un-roasted and unsalted. Eat raw or, even better, soaked and sprouted.	Grind flax, pumpkin, sesame or sunflower seeds and add to foods (after cooking); store in airtight containers in the fridge. Most nuts and nut butters. Check labels to make sure that no extra sugar or oils have been added.	Peanuts and peanut butter.
<b>Liquids/Beverages:</b>	½ your body weight in ounces of filtered water daily. Herbal teas. Green tea in moderation. Small amounts of unsweetened nut, seed and coconut milk (Native Forest). Small amounts of kombucha and Kevita.	Alcohol Coffee and black tea Soda Juice
<b>Miscellaneous:</b>	Organic eggs.	Commercial eggs Processed foods Fried foods Chocolate All food additives and preservatives

