

ANTI-INFLAMMATORY DIET	AVOID	EAT
Meat	Factory farmed meats	All free range, grass fed animals including lamb, buffalo, venison, elk, and beef are OK
Poultry		Bake, broil, or steam free-range, organically raised chicken, turkey, or other fowl
Fish	Shellfish if you are allergic. Farmed fish/seafood	Poach, bake, or broil deep-sea fish Some ideas: cod, corker, haddock, halibut, sardines, sole, flounder, wild pacific salmon
Grains	Wheat products including bread, white or wheat flour, barley, rye, spelt. White rice.	Eat 1-2 cups of cooked whole grains per day. If you have have diabetes, high pressure, high cholesterol, or are overweight, eat 1/2-1 cup per day, if at all Some ideas: Amaranth, buckwheat, millet, gluten-free oatmeal, quinoa, brown rice
Legumes	Soy	Eat a variety of legumes. Some ideas: split peas, lentils, kidney beans, pinto beans, garbanzo beans, or any other beans. Soak beans overnight or up to 48 hours for easier digestion
Energy vegetables	White potatoes, corn and corn products.	Max 2 portions daily. Beets, parsnips, sweet potatoes, winter squash (butternut, spaghetti, delicata, acorn)
Leafy green vegetables		Eat 4 cups total daily. 2 cups with lunch and 2 cups with dinner. beet greens, cabbage, cauliflower, Swiss chard, endive, lettuce, mustard greens, spinach, watercress, bok choy, Brussels sprouts,, collards, kale, arugula, dandelion greens.
Rainbow veggies	Conventional of the following: celery, tomatoes, sweet bell peppers, cherry tomatoes, cucumbers.	Opt for organic whenever possible. Some ideas: asparagus, eggplant, celery, cucumber, parsley, radish, string beans, chives,, leeks, onion, peppers, pumpkin, turnips, zucchini, artichokes, green peas, carrots, tomatoes.
Fruit	Citrus fruits. Lemons OK.	Choose fruit that is organic, locally grown and in season Some ideas: cantaloupe, strawberries, melons, apricots, blackberries, cranberries, papaya, peaches, plums, raspberries, kiwi, apples, pears, blueberries, cherries, grapes, pineapple, pomegranate, banana, figs. Some people may find bananas and mangoes to be a problem. Lemon juice OK.
Dairy	All dairy products	None
Eggs	Any other eggs	Pasture raised
Nuts and Seeds	No peanuts, peanut butter	Raw nuts and seeds are preferred. Dry roasted OK. Add flax meal, pumpkin, sesame, chia or sunflower seeds to steamed vegetables, cooked grains, etc.
Fermented Foods		Kombucha, sauerkraut, kimchi, kefir with coconut water, tamari OK

Sugar And Sugar Replacement	NO sugar, corn syrup, NutraSweet, Splenda, Saccharin, agave syrup, High fructose Corn syrup	Real maple syrup and raw honey, Medjool dates
Fats	ABSOLUTELY NO MARGARINE, SHORTENING OR OTHER TRANS FATS	Use extra virgin olive oil (COOC certified), grass fed butter/ghee, or virgin coconut oil, avocado
Food Additives	MSG and other additives	None
Alcohol		None
Superfoods		Acai Berry, Spirulina, raw dark chocolate (70 % or more cacao), goji berry, raw honey, broccoli, garlic, turmeric, kombucha, green tea, sea salt