

## Anti-Inflammatory Diet

The following is a list of foods that are anti-inflammatory in nature. These are examples of foods that you should try to increase in your daily diet to be of benefit. There is no restriction to the amount of food that you can eat.

### ☉ Steamed Vegetables

- Steaming your vegetables improves the availability of nutrients and makes digesting easier on your GI tract.
- Eat a variety of vegetable (but try to **avoid potatoes and tomatoes** as they are inflammatory in nature) Yams, sweet potatoes and squash are allowed. Add your favourite herbs and spices to enhance the taste of these foods.
- Try to eat vegetables that are LOW in carbohydrates:

3%	asparagus, bean sprouts, beet greens, broccoli, cabbage, cauliflower, celery, swiss chard, cucumber, endive, lettuce, mustard greens, radish, spinach, watercress
6%	String beans, beets, brussel sprouts, chives, collards, eggplant, kale, kohlrabi, leeks, onion, parsley, red pepper, pumpkin, rutabagas, turnip
15%	Artichoke, parsnip, green peas, squash, carrot
20+%	yam

### ☉ Grains and Legumes

- Eat 1-2 cups of cooked grains daily. For example: basmati or brown rice, millet, quinoa, amaranth, oatmeal, barley, buckwheat, rye, teff. Also, rice crackers, wasa crackers.
- Eat as many legumes as you like. For example: split peas, lentils, kidney beans, pinto beans, soy beans, garbanzo beans (chick peas), adzuki beans.

### ☉ Fish

- Deep-sea ocean-going fish is preferred (versus farmed fish) ie: salmon, halibut, cod, sardines, mackerel
- NO SHELLFISH !!!
- The fish should be poached, baked, steamed or broiled, NOT FRIED !!!

### ☉ Chicken/Turkey

- Eat only the meat, NO SKIN !!!
- Preferably eat free-range, grain-fed, or organically grown fowl
- Chicken or turkey should be baked, broiled, or steamed.

🌀 **Nuts and Seeds**

- Grind seeds and add them to vegetables and grains. Examples of seeds include: pumpkin, sesame, sunflower, flax
- You may also eat nut and seed butters ie: almond, cashew, sesame
- NO PEANUTS !!! as these are highly allergenic and inflammatory.

🌀 **Butter**

- For butter, mix 1 pound of butter with 1 cup extra virgin olive oil, whip and store in fridge.

🌀 **Herbs and spices**

- Use spices liberally (NOT SALT), and drink as many herbal teas as you want.

	<b>Foods to include:</b>	<b>Foods to exclude:</b>
<b>Fruits</b>	Unsweetened fresh, frozen, or water packed canned fruits, fruit juices (except those specified)	All oranges, grapes, fruit drinks and dried fruit
<b>Starch</b>	Non-gluten grain (brown rice, millet, quinoa, amaranth, teff, tapioca, buckwheat)	Wheat, corn, oats, barley, spelt, kamut, rye, all gluten containing products
<b>Breads and Cereals</b>	Any made from rice, buckwheat, millet, soy, tapioca, arrowroot, amaranth, quinoa	All wheat, oat, spelt, kamut, rye, barley, or gluten containing products
<b>Meat</b>	All fresh fish (halibut, salmon, cod, sole, trout) wild game, chicken, turkey, lamb	Beef, pork, cold cuts, frankfurters, sausage, canned meats, eggs, shellfish
<b>Legumes</b>	All dried beans, peas, lentils	
<b>Nuts and seeds</b>	Almonds, cashews, walnuts, sesame (tahini), sunflower, pumpkin and nut butters made from these seeds	Peanuts, pistachios, peanut butter
<b>Dairy products</b>	Milk substitutes (rice milk, soy milk, nut milk), goat cheese, goat milk	Milk, cheese, cottage cheese, cream, butter, yogurt, butter, ice cream, frozen yogurt, non-dairy creamer
<b>Vegetables</b>	Raw, steamed, sautéed, juiced or baked vegetables (except those specified)	Canned or creamed in casseroles, all nightshade family vegetables (tomatoes, potatoes, green, red and yellow peppers, eggplant)
<b>Fats</b>	Olive oil, flax seed oil,	Margarine, butter, shortening,

	cold/expeller pressed canola, safflower, sunflower, walnut, pumpkin, almond oil, dressings made from these oils	processed oils, salad dressing, spreads
<b>Beverages</b>	8 cups of filtered or distilled water per day, herbal teas	Pop, alcohol, coffee, tea, all caffeinated beverages
<b>Spices</b>	Cinnamon, dill, cumin, garlic, ginger, oregano, parsley, rosemary, tarragon, thyme, turmeric	Cayenne pepper, paprika
<b>Sweeteners</b>	Brown rice syrup, fruit sweetener, molasses	No white or brown sugar, honey, maple syrup, corn syrup, high fructose corn syrup

## Shopping List

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### Proteins:

Chicken

Turkey

Lamb

Fish:

Cod

Halibut

Mackerel

Salmon

Tuna

Trout

Wild game

Dried beans

Dried peas

Lentils

Soy:

Tofu

Tempeh

Soy milk

Soy yogurt

### Grains:

Rice

Rice bread

Rice pancakes

Rice cakes

Rice pasta

Rice milk

Cream of rice

Puffed rice

Tapioca

Amaranth

Millet

Teff

Quinoa

### Vegetables:

Alfalfa

sprouts

Artichoke

Avocado

Asparagus

Beets

Bok choy

Broccoli

Brussels

sprouts

Cabbage

Carrots

Cauliflower

Celery

Cucumber

Daikon radish

Endive

Escarole

Green or

yellow beans

Greens

(mustard,

chard,

collards)

Jicama

Kale

Kohlrabi

Leeks

Lettuce

Mung beans

Okra

Onions

Parsnips

Radishes

Rutabaga

Sea

vegetables

Snow peas

Spinach

Squash

(summer and

winter)

Sweet

potatoes

Taro

Turnips

Water

chestnuts

Yams

Zucchini

squash

### Fruits:

Apple

Applesauce

Apricot

Avocado

Banana

Blueberries

Cherries

Kiwi

Mango

Melon

Nectarine

Papaya

Pear

Peach

Pineapple

Plum

Prune

Raspberries

Strawberries

### Nuts &

#### seeds:

Almonds

Cashews

Hazelnuts

Pecans

Pumpkin

seeds

Sunflower

seeds Walnuts

Nut butters

from these

nuts

### Oils:

Almond oil

Canola oil

Flax oil

Olive oil

Pumpkin oil

Safflower oil

Sunflower oil

Walnut oil

### Spices:

Anise

Bay leaf

Basil

Cardamom

Celery seed

Cinnamon

Cumin

Dill

Dry mustard

Fennel

Garlic

Ginger

Marjoram

Oregano

Parsley

Rosemary

Saffron

Savory

Tarragon

Thyme

Turmeric

### Sweeteners:

Brown rice

syrup

Fruit

sweetener

Molasses

