
Anti-Inflammatory Diet

Try to use only organically grown foods as they reportedly have two to five times more nutrients and it will decrease exposure to pesticides.

Vegetables:

- ⌚ Any and all vegetables (except tomatoes and white potatoes). For example:
asparagus, bean sprouts, beet greens, broccoli, cabbage, cauliflower, celery, Swiss chard, cucumber, endive, lettuce, mustard greens, radish, spinach, watercress, string beans, beets, Brussel sprouts, chives, collards, eggplant, kale, kohlrabi, leeks, onion, parsley, red pepper, pumpkin, rutabagas, turnip, zucchini, artichoke, parsnip, green peas, squash, carrot, yam, onions and garlic.

Grains:

- ⌚ Allowed grains include: amaranth, rice, buckwheat, millet, quinoa, basmati or brown rice, rye, teff.

Legumes:

- ⌚ Soak for 48-72 hours and cook slowly:
split peas, lentils, kidney beans, pinto beans, fermented soy (tempeh or miso), mung beans, garbanzo beans, aduki and azuki beans.

Fish:

- ⌚ Poach, bake, steam, or broil deep-sea ocean (vs. farmed) fish (cod, haddock, halibut, mackerel, sardines, summer flounder, wild Pacific salmon) is preferred-no shellfish (shrimp, lobster, crab, clam).

Chicken/Turkey:

- ⌚ Free-range or organically grown chicken or turkey. Bake, broil or steam.

Fruit:

- ⌚ If possible, it is preferred to use the fruit baked (such as a baked apple or pear).
Good fruits include: cantaloupe, rhubarb, strawberries, melons, apricot, blackberries, cranberries, papaya, peach, plum, raspberries, kiwi, apple, blueberries, cherries, grapes, mango, pear, pineapple, pomegranate, banana, figs, prunes, any dried fruit.

Sweeteners:

- ⌚ Maple syrup, rice syrup, barley syrup, raw honey, agave or stevia.
- ⌚ Absolutely no sugar, NutraSweet, or any other sweetener is allowed.

Seeds and Nuts:

- ⌚ Grind flax, pumpkin, sesame or sunflower seeds. You may also use nut and seed butters, such as almond, cashew, sesame, etc.

Butter/Oils:

- ⌚ For butter, mix together 1 pound of butter and 1 cup of extra virgin olive oil (from a new dark jar). Whip at room temperature and store in the refrigerator.
- ⌚ Use ghee, extra virgin olive oil, coconut oil, or grapeseed oil for all other situations requiring oil.

Spices:

- ⌚ To add a delightful flavor to your food choices, add whatever spices you enjoy.

Drinks:

- ⌚ Spring, bottled, filtered or reverse-osmosis filtered water.
- ⌚ Natural, organic fruit juices (unsweetened), (no citrus)
- ⌚ Rice, hazelnut, or oat milk, as well as raw organic milk are okay. **Avoid soy and soy products.**

Avoid the following foods:

all animal milks (unless raw):	all animal cheeses	all corn products
commercial eggs (organic OK)	potatoes- red or white (yams are okay)	Tomatoes
all wheat products including:	Breads	white flour
citrus fruits	all fruit juices	all dried fruit
peanuts/peanut butter	any processed food	fried foods
meat-red meat (beef, pork)	all caffeinated teas, coffee	Alcohol