

Anti-Inflammatory Diet

Choose mostly whole foods. Avoid processed foods in boxes or bags. Look for less than 4 ingredients on the label. Choose mostly organic and non-GMO foods.

Vegetables – 1 cup raw or ½ cup cooked = 1 servings. At least 4 servings per day.

Asparagus, broccoli, Brussel sprouts, cabbage, cauliflower, celery, collard greens, cucumbers, garlic, ginger root, green beans, lettuce (all types except iceberg), mushroom, mustard greens, peppers (all types), pickles (no added sugar or color), radishes, salsa (without corn, beans, or sugar), sauerkraut (without added sugar), snap peas, spinach, sprouts, summer squash, sweet potatoes, tomatoes, turnip greens, water chestnuts

Protein – At least 8 oz per day. 4 oz per meal.

Beef (grass fed), chicken (white and dark meat), free-range eggs, salmon (wild caught), tofu (non-GMO), tuna, turkey (white and dark meat), veal, and whitefish.

Fruit – Fresh or frozen fruit. Recommend 2 per day (No canned fruit or dried fruits)

Apples, applesauce (no added sugar), apricots (not dried), blackberries, blueberries, cantaloupe, cherries, clementines, cranberries (no added sugar), grapefruit, honeydew melon, kiwi, nectarines, oranges, papaya, peaches, pears, pineapple, plums, pomegranates, raspberries, strawberries.

Grains – (Optional) – No more than 2 servings per day of ½ cup.

Whole grains – (no flour or processed grains, corn or popcorn) – whole oats, brown rice, quinoa

Seeds – 1 Tablespoon per day (No nuts)

Chia seeds, flax seeds, hemp seeds

Healthy Fats – Up to 3 T per day. No corn, canola, sunflower, or peanut oil.

Use avocado oil, avocado (1/2 per day), coconut oil, ghee, grapeseed oil, grass fed butter, MCT oil, olive oil, sesame oil, walnut oil

Beverages – (No soft drinks, diet sodas, kombucha, or alcohol)

Water is the beverage of choice. Herbal teas. Coffee and caffeinated tea (in moderation)

Condiments – (No soy sauce or Worcestershire sauce)

Mustard and horseradish without added sugar, balsamic and apple cider vinegar