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:

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

☉ 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) i.e: 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.

<table>
<thead>
<tr>
<th>Foods to include:</th>
<th>Foods to exclude:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fruits</strong></td>
<td></td>
</tr>
<tr>
<td>Unsweetened fresh, frozen, or water packed canned fruits, fruit juices (except those specified)</td>
<td>All oranges, grapes, fruit drinks and dried fruit</td>
</tr>
<tr>
<td><strong>Starch</strong></td>
<td></td>
</tr>
<tr>
<td>Non-gluten grain (brown rice, millet, quinoa, amaranth, teff, tapioca, buckwheat)</td>
<td>Wheat, corn, oats, barley, spelt, kamut, rye, all gluten containing products</td>
</tr>
<tr>
<td><strong>Breads and Cereals</strong></td>
<td></td>
</tr>
<tr>
<td>Any made from rice, buckwheat, millet, soy, tapioca, arrowroot, amaranth, quinoa</td>
<td>All wheat, oat, spelt, kamut, rye, barley, or gluten containing products</td>
</tr>
<tr>
<td><strong>Meat</strong></td>
<td></td>
</tr>
<tr>
<td>All fresh fish (halibut, salmon, cod, sole, trout) wild game, chicken, turkey, lamb</td>
<td>Beef, pork, cold cuts, frankfurters, sausage, canned meats, eggs, shellfish</td>
</tr>
<tr>
<td><strong>Legumes</strong></td>
<td></td>
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<tr>
<td>All dried beans, peas, lentils</td>
<td></td>
</tr>
<tr>
<td><strong>Nuts and seeds</strong></td>
<td></td>
</tr>
<tr>
<td>Almonds, cashews, walnuts, sesame (tahini), sunflower, pumpkin and nut butters made from these seeds</td>
<td>Peanuts, pistachios, peanut butter</td>
</tr>
<tr>
<td><strong>Dairy products</strong></td>
<td></td>
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<tr>
<td>Milk substitutes (rice milk, soy milk, nut milk), goat cheese, goat milk</td>
<td>Milk, cheese, cottage cheese, cream, butter, yogurt, butter, ice cream, frozen yogurt, non-dairy creamer</td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td></td>
</tr>
<tr>
<td>Raw, steamed, sautéed, juiced or baked vegetables (except those specified)</td>
<td>Canned or creamed in casseroles, all nightshade family vegetables (tomatoes, potatoes, green, red and yellow peppers, eggplant)</td>
</tr>
<tr>
<td><strong>Fats</strong></td>
<td></td>
</tr>
<tr>
<td>Olive oil, flax seed oil</td>
<td>Margarine, butter, shortening,</td>
</tr>
<tr>
<td>Beverages</td>
<td>8 cups of filtered or distilled water per day, herbal teas</td>
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<tr>
<td>-----------------</td>
<td>----------------------------------------------------------</td>
</tr>
<tr>
<td>Spices</td>
<td>Cinnamon, dill, cumin, garlic, ginger, oregano, parsley, rosemary, tarragon, thyme, turmeric</td>
</tr>
<tr>
<td>Sweeteners</td>
<td>Brown rice syrup, fruit sweetener, molasses</td>
</tr>
</tbody>
</table>
## Shopping List

### 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

### Oils:
- Almond oil
- Canola oil
- Flax oil
- Olive oil
- Pumpkin oil
- Safflower oil
- Sunflower oil
- Walnut oil

### 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

### Sweeteners:
- Brown rice syrup
- Fruit
- sweetener
- Molasses

- 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

- Sweeteners:
  - Brown rice syrup
  - Fruit
  - sweetener
  - Molasses