

Anti-Inflammatory Diet

Focus on these anti-inflammatory foods:

- Vegetables: Arugula, cabbage, romaine, broccoli, Brussels sprouts, peppers, cauliflower, squash
- Ripe avocado
- Walnuts, pecans
- Salmon, mackerel, sardines
- Mushrooms
- Olive and coconut oil
- Flax seed or oil
- Blueberries, cherries
- Apples, oranges, lemon, lime
- Green tea
- Ginger, turmeric, garlic
- Black eyes peas, garbanzo beans, lentils
- Fermented foods: sauerkraut, kombucha, kimchi, plain full fat sugar free yogurt



Avoid these inflammatory foods

- sugar
- corn syrup
- alcohol
- wheat
- excessive dairy
- processed meats
- processed, packaged foods
- vegetable oils: soy, canola, safflower, corn



Other Important points:

1. Foods not listed on here are considered neutral and can be eaten in moderation
2. If eating meat and eggs - choose organic and grass-fed or free range
3. Aim for more warm, cooked foods, less cold/raw foods
4. Aim for more home cooked, less restaurants and packaged foods
5. Avoid high oxalate foods like spinach and almonds as these can also be inflammatory

Sample menu

Breakfast - omelette with organic bacon, peppers, mushrooms, and avocado

Lunch - chicken and veggie soup

Snack - plain yogurt w/blueberries and chopped walnuts & pecans

Dinner - ginger salmon, rice and brussels sprouts