

# 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