

# Anti-Inflammatory Diet

The following are general dietary guidelines for the purpose of reducing inflammation in your body. If you have a question about a particular food, check to see if it is on the food list. Do not make substitutions except those outlined in these instructions or recommended by your practitioner. You should, of course, avoid any foods to which you are intolerant or allergic, even if they are listed on this diet.

Select fresh foods whenever you can. If possible, choose organically grown fruits and vegetables to eliminate pesticides and chemical residue consumption. Rinse fruits and vegetables thoroughly.

If you select animal sources of protein, look for free-range or organically raised chicken, turkey or lamb. Trim visible fat and prepare by broiling, baking, stewing, grilling, or stir-frying. Cold-water fish (e.g. salmon, mackerel and halibut) is another excellent source of protein and the omega-3 essential fatty acids, which are important nutrients in this diet. Fish is used extensively. If you do not tolerate fish, talk to your healthcare practitioner about possible substitutions. He or she may suggest supplemental fish oil. Avoid shellfish, as it may cause allergic reactions.

Foods to include:	Foods to exclude:
<b>Fruits:</b> unsweetened fresh, frozen or water-packed canned fruits, fruit juices (except those specifically prohibited)	All citrus fruits: oranges, grapefruit, lemon, lime, grapes; fruit drinks; dried fruit
<b>Starch:</b> non-gluten grains, brown rice, millet, quinoa, amaranth, teff, tapioca, buckwheat	Wheat, corn, oats, barley, spelt, kamut, rye and all gluten-containing products
<b>Bread/Cereal:</b> any made from rice, buckwheat, millet, soy tapioca, arrowroot, amaranth, quinoa	All wheat, oat, spelt, kamut, rye, barley, or gluten-containing products
<b>Meat:</b> all fresh fish such as halibut, salmon, cod, sole, trout, wild game, chicken, turkey, lamb	Beef, pork, cold cuts, frankfurters, sausage, canned meats, eggs, shellfish
<b>Legumes:</b> all dried beans, peas, lentils	
<b>Nuts and seeds:</b> almonds, cashews, walnuts, sesame, tahini, sunflower, pumpkin, and nut butters made from these seeds	Peanuts, peanut butter, pistachios
<b>Dairy products:</b> milk substitutes such as rice milk, soy milk, nut milk	Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers
<b>Vegetables:</b> raw, steamed, sautéed, juiced or baked vegetables (except those specifically prohibited)	Canned or creamed in casseroles, nightshade family vegetables including tomatoes, all potatoes (except yams or sweet potatoes), eggplant, red, green or yellow bell peppers
<b>Fats:</b> olive oil, flax seed oil, cold/expeller-pressed canola, safflower, sunflower, sesame, walnut, pumpkin, almond, and dressings made from these oils	Margarine, butter, shortening, processed oils, hydrogenated oils, salad dressings, mayonnaise, spreads
<b>Beverages:</b> 8 cups of filtered or distilled water per day, herbal tea	Soda pop, alcoholic beverages, coffee, tea, all caffeinated beverages
<b>Spices:</b> cinnamon, cumin, dill, garlic, ginger, oregano, parsley, rosemary, tarragon, thyme, turmeric	Cayenne pepper, paprika
<b>Sweeteners:</b> brown rice syrup, fruit sweetener, molasses, stevia	White, brown or refined sugar, honey, maple syrup, corn syrup and especially high fructose corn syrup

## Hidden sources of food allergens:

- \* Cornstarch in baking powder and processed foods
- \* Corn syrup solids or maltodextrin (or derivatives) used as sweetener
- \* Grain vinegar in ketchup and mustard
- \* Oats or corn in amaranth and millet flake cereals

## Shopping List – Anti-Inflammatory Food Choices

### 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 (casein free)

### Grains:

Rice  
\* Rice bread  
\* Rice pancakes  
\* Rice pasta  
\* Rice milk  
\* Cream of rice  
\* Puffed rice  
Tapioca  
Amaranth  
Millet  
Teff  
Quinoa

### Vegetables:

Alfalfa sprouts  
Artichokes  
Avocado  
Asparagus  
Beets  
Bok Choy  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Cucumber  
Daikon radish  
Endive  
Escarole  
Green or yellow beans  
Green-mustard, turnip, chard  
Jicama  
Kale  
Kohlrabi  
Leeks  
Lettuce  
Mung beans  
Okra  
Onions  
Parsnips  
Radishes  
Rutabaga  
Sea weed, kelp  
Snow peas  
Spinach  
Squash-summer, winter  
Sweet potatoes  
Taro  
Turnips  
Water chestnuts  
Yams  
Zucchini squash

### Sweetener:

Brown rice syrup  
Fruit sweetener  
Molasses  
Stevia

### Fruit:

Apple  
Applesauce  
Apricot  
Avocado  
Banana  
Blueberries  
Cherries  
Kiwi  
Mango  
Melon  
Nectarine  
Papaya  
Pear  
Peach  
Pineapple  
Plum  
Prune  
Raspberries  
Strawberries

### Nuts, Seeds, Oils:

Almond Oil  
Almonds  
Canola oil  
Cashews  
Flax oil  
Hazelnuts  
Olive oil  
Pecans  
Pumpkin oil  
Safflower oil  
Sesame oil  
Sunflower oil  
Sunflower seeds  
Walnut oil  
Walnuts  
Butters of these nuts and seeds

### Spices:

Anise  
Bay leaf  
Basil  
Cardamom  
Celery seed  
Cinnamon  
Cumin  
Dill  
Dry Mustard  
Fennel  
Garlic  
Marjoram  
Oregano  
Parsley  
Rosemary  
Saffron  
Savory  
Tarragon  
Thyme  
Turmeric