



ANTI-INFLAMMATORY DIET

Eat only the following organically grown foods for 2-3 weeks.

Consider an anti-inflammatory protein powder to maximize reducing inflammation.

STEAMED VEGETABLES:

- ❖ Steaming improves the utilization and/or the availability of the food substances and reduces residue in the gastrointestinal tract, allowing it to restore itself.
- ❖ Eat a variety of vegetables (except the nightshades: tomatoes, potatoes, peppers, and eggplant) that you tolerate.

GRAINS:

- ❖ Eat 1-2 cups of cooked grains that you tolerate each day.
- ❖ Permitted grains include: brown rice (jasmine, basmati, short/long grain), red rice, amaranth, millet, quinoa, buckwheat, teff, and gluten-free oats.
- ❖ Other grain-based foods that may be eaten in moderation are rice crisps, rice cakes, and gluten-free Wasa crackers.

LEGUMES:

- ❖ Eat a variety of the following legumes: split peas, lentils (all types), kidney beans, black beans, pinto beans, mung beans, garbanzo beans, adzuki beans.
- ❖ If you consume soybeans on a regular basis, avoid them during the diet. You may add them in if you do not normally consume them in your diet.

NUTS/SEEDS:

- ❖ A small handful of nuts, and 2 tablespoons of nut butters may each be consumed up to twice a day.
- ❖ Rotate nuts and seeds daily, including almonds, walnuts, brazil nuts, soy nuts, sesame seeds, sunflower seeds, pumpkin seeds. Of course avoid any nuts where you have a known reaction.

FISH

- ❖ Fish high in essential fatty acids: salmon, halibut, cod, sardines, tuna, and mackerel.
- ❖ Wild fish is always preferable. It is recommended to consume farmed salmon no more than once a month. Limit tuna to once per week.
- ❖ Fish may be poached, baked, steamed, or broiled.

MEAT/POULTRY

- ❖ Lean, organic when possible

FRUIT:

- ❖ 1-2 pieces of fruit every day, except for citrus.

SWEETENERS:

- ❖ No sugar, Nutrasweet, Sucralose, or other synthetic sweeteners during the diet.
- ❖ Very limited amounts (1 teaspoon) of maple syrup, brown rice syrup, stevia, agave, and honey may be used.

BUTTER/OILS:

- ❖ Replace most fat with extra virgin olive oil.
- ❖ You may use flax or olive oil for making salad dressing.
- ❖ Limit butter intake to 1 tsp per day. You may combine butter and olive (equal parts) to get the flavor of butter and the benefits of the olive oil. Or buy similar Earth Balance products

HERBAL TEAS AND WATER:

- ❖ Drink enough water to equal one half your body weight in ounces, minimum. For example if you weigh 150 lbs, consume at least 75 oz of water.
- ❖ You may also choose to drink 2-4 cups of herbal tea in addition to water. Ask your doctor if green tea is allowed on your diet.

FOR THE TIME OF THIS DIET, AVOID THE FOLLOWING FOODS:

- ❖ Dairy products
- ❖ Wheat products, including breads, pasta, and couscous
- ❖ Caffeinated tea
- ❖ Coffee – regular and decaffeinated
- ❖ Alcohol
- ❖ Sugar, and all synthetic sweeteners
- ❖ Fried foods
- ❖ Processed foods