

Anti-Inflammatory Diet

The following is a list of foods that are anti-inflammatory in nature. These are examples of beneficial, nourishing and healing foods that you should include in your daily food plan. They are also low-allergen foods. **There is no restriction to the amount of food that you can eat.**

Reward yourself, you are worth it!

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 white potatoes and tomatoes, peppers and eggplant** 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:

3%	Asparagus, bean sprouts, beet greens, broccoli, cabbage, cauliflower, celery, swiss chard, cucumber, endive, lettuce, mustard greens, radish, spinach, watercress
6%	String beans, beets, brussel sprouts, chives, collards, eggplant, kale, kohlrabi, leeks, onion, parsley, red pepper, pumpkin, rutabagas, turnip
15%	Artichoke, parsnip, green peas, squash, carrot
20+%	Yam

Grains and Legumes

- Eat 1-2 cups of cooked whole grains daily. For example: basmati or brown rice, millet, quinoa, amaranth, buckwheat, teff and gluten-free oats. Also, rice crackers, wasa crackers.
- Do not eat gluten-containing grains. For example: wheat, spelt, kamut, barley, rye
- Eat as many legumes as you like. For example: split peas, lentils, kidney beans, pinto beans, garbanzo beans (chick peas), adzuki beans.
- Soy is not recommended as part of this diet.

Fish

- Deep-sea ocean-going fish is preferred (versus farmed fish) ie: salmon, halibut, cod, sardines, mackerel
- NO SHELLFISH!!!
- The fish should be poached, baked, steamed or broiled, NOT FRIED!!!

Chicken/Turkey/Lamb

- Eat only the meat, NO SKIN!!!
- Preferably eat free-range, grain-fed, or organically grown fowl
- Chicken, turkey or lamb (as well as wild game) should be baked, broiled, or steamed.
- Beef, pork and dairy products are inflammatory and not recommended.

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.