

Anti-Inflammatory Food Choices

Try and eat only organically grown foods as they reportedly have 2-5x more nutrients and it will decrease exposure to pesticides. There is no restriction on the amount of food you can eat. The foods listed are only examples of foods to eat. Try to compose meals of approximately 40% carbohydrates, 30% protein and 30% healthy fats. Try to eat any 1 food no more than 5 times a week. Plan your meals ahead of time and try to find at least 10 recipes you enjoy.

Steamed vegetables:

- The primary reason for using steamed vegetables is that steaming improves the utilization or the availability of the food nutrients allowing the GI mucosa to repair itself. Use minimal raw vegetables except as a salad. Include at least 1 green vegetable daily.
- Eat a variety of any and all vegetables (except tomatoes, potatoes) that you can tolerate. It is best to try and eat mostly the lower carbohydrate (3, 6%) vegetables. For example:
 - 3% - asparagus, bean sprouts, beet greens, broccoli, red & green cabbage, cauliflower, celery, Swiss chard, cucumber, endive, lettuce (red, green, romaine), mustard greens, parsley, radish, spinach, watercress.
 - 6% - string beans, beets, Bok Choy, brussel sprouts, chives, collards, eggplant, kale, kohlrabi, leeks, onion, parsley, red pepper, pumpkin, rutabagas, turnip, zucchini.
 - 15% - artichoke, parsnip, green peas, squash, carrot.
 - 20+% - yam.

Add your favorite spices to enhance the taste of these vegetables.

Grains:

- Eat one to two cups of cooked grains per day of those you tolerate, unless you have indications of high insulin levels such as overweight, high blood pressure, high cholesterol or diabetes.
- Allowed grains include: amaranth, barley, buckwheat, millet, oatmeal, quinoa, basmati or brown rice, rye, teff.
- Other grain foods that may be eaten are rice crisps and Wasa crackers.

Legumes:

- Eat a variety of any legumes that you are able to tolerate. Soak for 48-72 hours and cook slowly:
 - split peas, lentils, kidney beans, pinto beans, fermented soy (tempeh or miso), mung beans, garbanzo beans, aduki & azuki beans.

Fish:

- Poach, bake, steam, or broil deep-sea ocean (vs. farmed) fish (cod, haddock, halibut, mackerel, sardines, summer flounder, wild Pacific salmon) is preferred - no shellfish (shrimp, lobster, crab, clam).

Chicken/ Turkey:

- Eat only the meat & not the skin of free – range or organically grown chicken/turkey. Bake, broil, steam.

Meat:

- Lamb, buffalo, venison, elk are OK

Fruit:

- Eat only 1 or 2 pieces of practically any fruit except citrus. If possible, it is preferred to eat the fruit baked (such as a baked apple or pear). Like the vegetables, try to eat mostly the low carbohydrate fruits. For example:

3% - cantaloupe, rhubarb, strawberries, melons

6% - apricot, blackberries, cranberries, papaya, peach, plum, raspberries, kiwi

15% - apple, blueberries, cherries, grapes, mango, pear, pineapple, pomegranate

20+% - banana, figs, prunes

Sweeteners:

- Occasionally maple syrup, rice syrup, barley syrup, raw honey or stevia – use ONLY with meals.
- Absolutely no sugar, NutraSweet, or any other sweetener is allowed.

Seeds and Nuts:

- Grind flax, pumpkin, sesame or sunflower seeds and add to steamed vegetables, cooked grains etc. You may also eat nut and seed butters – almond, brazil, cashew, sesame etc.

Butter/Oils:

- For butter, mix together 1 pound of organic butter and 1 cup of extra virgin olive oil (from a new dark jar). Whip at room temperature and store in the refrigerator.
- Use extra virgin olive oil for all other situations requiring oil.

Spices:

- To add a delightful flavor to your food choices, add whatever spices you enjoy.

To Drink:

- A MINIMUM of 6 to 8 glasses of spring, bottled, filtered or reverse-osmosis filtered water every day. Drink 1/2 your body weight in ounces of water daily. Sip the water, try to drink 1 glass per hour. A few drops of chlorophyll will add a pleasant taste. NO distilled water.
- Small amounts of soy, rice, or oat milk are allowed ONLY on cooked grains or in cooking.

For the time being, avoid the following foods:

all animal milks
commercial eggs (organic OK)
all wheat products including
citrus fruits
peanuts/ peanut butter
meat - red meat (beef, pork)

all animal cheeses
potatoes – red or white
breads
all fruit juices
any processed food
all caffeinated teas, coffee

all corn products
tomatoes
white flour
all dried fruit
fried foods
alcohol