

ANTI-INFLAMMATORY DIET

Try and eat only organically grown foods as they reportedly have 2-5 times more nutrients and will decrease exposure to pesticides. There is no restriction on the amount of food you can eat. The foods listed are ONLY examples of what you may eat. Try to compose meals of approximately 40% carbohydrates, 30% protein and 30% healthy fats. Aim to eat any 1 food no more than 5 times per 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 availability of the food nutrients allowing the gastrointestinal 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 potato, tomato or eggplant) that you can tolerate. It is best to try and eat mostly the lower carbohydrate vegetables. Examples of such (percent carbohydrate indicated):
 - 3% - Asparagus, bean sprouts, beet green broccoli, red and 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, kale, kohlrabi, leeks, onion, parsley, red pepper, pumpkin, rutabaga, turnip, zucchini
 - 15% - Artichoke, parsnip, green peas, squash, carrots
 - >20% - Yams

Add your favourite herb or spice to flavour these wonderful vegetables.

Grains:

- Eat on or 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:

- Paoch, bake, steam or broil deep sea ocean fish (versus farmed fish)
 - Cod, haddock, halibut, Pollock, sardines, sole summer flounder, tilapia, salmon are preferredShellfish are to be avoided – shrimp, lobster, crab, clam

Chicken and Turkey:

Eat only meat and not the skin of free range and / or organically raised poultry. Bake, broil or steam.

Other Meats:

All free range, grass fed animals including buffalo, lamb, venison, elk, beef are okay.

Fruit:

Eat only 1-2 pieces of practically any fruit except citrus. If possible, it is preferred to eat fruit baked (baked apples or pears). Like the vegetables, try to focus on the low carbohydrate fruits.

Examples of such (percent carbohydrate indicated):

- o 3% - Cantaloupe, rhubarb, strawberries, melons
- o 6% - Apricots, blackberries, cranberries, papaya, peach, plum, raspberries, kiwi
- o 15% - Apple, blueberries, cherries, grapes, mango, pear, pineapple, pomegranate
- >20% - Banana, figs

Sweeteners:

- On occasion maple syrup, rice syrup, barley syrup, raw honey or stevia – with meals
No sugar, NutraSweet or any other sweeteners

Seeds and Nuts:

- Grind, flax, pumpkin, sesame, sunflower seeds and add to steamed vegetables, cooked grains or anything else.
Nut and seed butters are good – almond, brazil, cashew, sesame, sunflower

Butter and Oils:

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

Spices:

For delightful flavouring to your food choices, add any spices you would like (except cayenne pepper).

Drink:

- MINIMUM of 6-8 glasses of spring, bottled, filtered or reverse osmosis filtered water, daily. Drink half your body weight in ounces of water daily. Sip the water, try to drink 1 glass per hour. A few drops of chlorophyll adds a pleasant taste. NO distilled water.
Small amounts of rice, soy or oat milk are okay

For the time being try to avoid the following foods:

All animal milks	All animal cheese	All corn products
Commercial eggs (organic okay)	Potato – red or white	Tomato
Eggplant	Peppers (red, green, yellow)	Cayenne PePper
All wheat products	Breads	White flour
Citrus fruits	All fruit juices	All dried fruits
Peanuts and peanut butter	Any processed food	Fried food
Meat (pork, grain fed animals)	All caffeinated teas, coffee	Alcohol