

Anti-Inflammatory Diet Recommendations

Foods to Avoid

Gluten, dairy, sugar sweetened foods, alcohol, artificial ingredients, processed foods, fried foods, burned foods, refined oils, cured meats, animal fat, eating on the run, eating while agitated.

Foods to Include

- **Drinks** - Green Tea (matcha and green oolongs are best), water (filtered is best to ensure that it is without chlorine, pesticides, herbicides, pharmaceuticals...)
- **Vegetables and Roots:** dark green leafy vegetables (kale, collards, spinach), cruciferous veggies (broccoli, cabbage), roots (sweet potatoes, daikon, carrots)
- **Grains** – small amounts are fine (quinoa, white rice)
- **Beans** – kidney, pinto, black and aduki beans are best
- **Mushrooms** - shitake, maitake, enokitake, kawaratake, oyster
- **Seaweeds** - kombu, wakame, nori, dulse, arame
- **Fruits** – eat small amounts of fresh berries (blueberries and cherries especially) and whatever is in season. Avocados are an exception, eat abundantly year round.
- **Nuts** - walnuts, almonds, hazelnuts, brazil nuts (it can be helpful to soak almonds and hazelnuts for a few hours before consuming)
- **Seeds** - pumpkin, sunflower, ground flax, hulled hemp
- **Sweets** – small amounts of dark chocolate (greater than 72% cacao)
- **Spices** – ginger, turmeric, mint, thyme, marjoram, rosemary, oregano, basil, parsley, garlic
- **Oils** – unrefined, omega-3 rich oils are recommended (olive, flax, hemp)
- **Green Foods** - chlorella blue-green algae and spirulina
- **Meat** – small amounts of high quality, hormone free, naturally raised meats (100% grass fed beef, pasture raised chicken...) and wild, cold water fish are okay (salmon is particularly good)
- **Fermented Foods** – small amounts with every meal are great (umeboshi plum, sauerkraut, raw apple cider vinegar...)

Take time to eat, digest and to enjoy every meal. Eat mostly plants and try to eat a wide variety of colors and different foods. Drink clean water and fresh green or herbal tea throughout the day.