

Anti-Inflammatory Healing Diet Guidelines

Inflammation is a common thread that connects virtually all disease conditions. It is possible to minimize the body's overall inflammatory response in the short term and the long term through making certain dietary choices. Innumerable patients have responded beautifully and with much delight as they embark on the anti-inflammatory diet and find their state of health rapidly improving. Please don't hesitate to ask us if you have questions or find that you need support. Adopting these recommendations WILL be worth it—We promise! Please consider the following recommendations:

Cooked Vegetables (Light to moderate steaming is the preferred way to prepare)

- The primary reason for favoring cooked vegetables is that cooking enhances the availability of many nutrients. Raw vegetables are best minimized temporarily (especially during wintertime), except for fermented foods (such as sauerkraut), which can be enjoyed liberally.
- Eat a variety of vegetables (except tomatoes and potatoes). Include plenty of dark, leafy greens, and try to include a rainbow of colors in your diet every day.
- *You cannot eat too many vegetables—they're vital to healing. Locally grown, organic produce is often the most nutritious.* We encourage you to visit farmers' markets. Ask us for locations near where you live.

Grains:

- *If desired*, eat one to two cups of cooked grains per day.
- The healthiest grain choices are: brown rice, millet, oatmeal, amaranth, barley, buckwheat, and teff. Quinoa is especially recommendable, and easily prepared. Ask us if you need recipe ideas.
- Rice crackers and wasa crackers may also be enjoyed.
- Always rinse your grains 1-2 times prior to cooking to increase digestibility

Legumes:

- You can eat a variety of legumes, such as: split peas, lentils, kidney beans, pinto beans, mung beans, black beans, garbanzo beans, and adzuki beans.
- Pre-soak beans (except peas and lentils) overnight, rinse 1-2 times, and cook them thoroughly.
- *Please avoid or minimize soybeans, soy milk, and tofu for now.* Miso and tempeh are great because they are fermented.

Fish:

- Deep-sea, cold water fishes (especially wild salmon, halibut, cod, and sardines) are preferred for their wonderful, healing fatty acid content. *Please avoid all farm-raised fish.*
- Minimize consumption of tuna and shellfish, since they can contain high levels of heavy metals.

Poultry and Meat:

- Favor free-range or organically raised chicken and/or turkey, whenever possible.
- Lamb, grass-fed beef, bison, and wild game are all healthy choices. Avoid meats that are not wild, grass-fed, or free-range. Also, minimize consumption of well done and, especially, charred meats.
- In general, a 3 oz portion (about the size of a deck of cards) at a meal, with plenty of vegetables, is a good amount to eat.

Fruit:

- You can enjoy 1 or 2 pieces of practically any fruit each day, except citrus, since it is a common allergen for many people.

Sweeteners:

- Very small amounts of maple syrup, rice syrup, malted barley syrup, and honey may be used and enjoyed. Stevia is an excellent sweetener as well.
- Please do your best to avoid all sugar, NutraSweet, and other refined sweeteners.

Butter and Oils:

- Extra virgin olive oil is a mainstay of healing diets. Enjoy 2 Tbsp, or more, per day, in all recipes (except for high-heat cooking, where coconut oil is preferred). Try it drizzled on vegetables.
- Coconut oil is a “good” fat, and is especially useful in recipes where you must heat the oil. It has a mild, pleasant flavor, and is healing for the digestive tract.
- Butter is nourishing for many people; 1 Tbsp, or less, per day is generally healthful.
- Please see your Individualized Treatment Guidelines for specific recommendations regarding essential fatty acid supplements that are optimal for you.
- It is important to keep liquid oils in a cool, dark environment. Fish and flax oils require refrigeration, and should not be cooked. Oils are best stored in dark glass containers.

Pure Water and Herbal Teas:

- Drink at least 6-8 glasses of spring or filtered water daily, perhaps with some lemon added.
- You may also enjoy drinking herbal teas, which are an additional source of healing minerals.

For the time being, try to minimize or avoid the following foods:

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| • Milk (Yogurt and kefir are okay.) | • Cheese | • Limit egg consumption to 6 free-range eggs weekly. |
| • All wheat products, including bread and white flour | • Citrus fruits | • Corn products (since they are common allergens) |
| • Caffeinated tea (Except, 1-2 cups of green tea per day, if desired, are okay.) | • Tomatoes | • Potatoes |
| • Coffee | • Pork and pork products | • Peanuts and peanut butter (Try almond butter instead, and any other nuts and seeds.) |
| • Limit alcohol consumption to 1 glass of wine per day. | • Sugar, NutraSweet, and all refined sweeteners | • All fried foods • All processed foods |