

# Anti-inflammatory Food Choices Chart

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Try to eat only organically grown foods as they reportedly have more nutrients and tend to decrease exposure to hormones, antibiotics, pesticides and herbicides.

There is no restriction on the amount of food you can eat and there is no need to count calories.

The foods listed are only examples of foods to eat, so experiment.

Try to compose meals of approximately 40% carbohydrates, 30% protein, and 30% healthy fats.

Do not eat any 1 food more than 5 times per week. Plan your meals ahead of time and try to find at least 10 recipes you enjoy.

*A good website for finding the glycemic index of foods (how quickly they turn to sugar) is [mendoza.com](http://mendoza.com).*

*Foods like yams and sweet potatoes with a high glycemic index convert to sugar quickly. High glycemic index foods should be eaten in moderation.*

Food Category	Foods to Eat	Foods to Avoid
<p><b>Vegetables:</b> Eat mostly lower carbohydrate vegetables in the 3% to 6% category. Lower carbohydrate foods turn to sugar more slowly in the body. This inimizizes peaks and valleys in blood sugar. Steaming vegetables improves the utilization or availability of the food nutrients allowing the GI mucosa to repair itself. Use minimal raw vegetables except as a salad. Include at least 1-2 green vegetables per day.</p>	<p><b>3%:</b> Asparagus, bean sprouts, beet greens, broccoli, red and green cabbage, cauliflower, celery, Swiss chard, cucumber, endive, lettuce (green, red, romaine, mixed greens), mustard and dandelion greens, radishes, spinach, and watercress.  <b>6%:</b> String beans, beets, bok choy, Brussels sprouts, chives, collards, eggplant, kale, kohlrabi, leeks, onion, parsley, red pepper, pumpkin, rutabagas, turnips, and zucchini  <b>15%:</b> Artichoke, parsnip, green peas, squash, carrot  <b>20%+:</b> Yams and sweet potatoes</p>	<p>Tomatoes            Potatoes            Egg plant            Green peppers</p>
<p><b>Grains:</b> Include 1-2 cups of cooked grains per day unless you have hypertension, high cholesterol, diabetes, or are overweight.</p>	<p>Amaranth, barley, buckwheat, millet, oatmeal, quinoa, basmati or brown rice, rye, and teff.            Rice crackers and wasa crackers are also o.k.</p>	<p>All wheat products including breads, cereals, white flour, and pasta made from wheat.</p>

<b>Seafood:</b> Deep sea-ocean fish are an excellent source of essential fatty acids and should be eaten 3-4 times per week.	Wild salmon, cod, haddock, halibut, mackerel, sardines, tuna, trout, summer flounder, wild cold Poach, bake, or broil water fish (wild vs. farmed).	Shellfish: Shrimp, crab, lobster, and clams.
<b>Food Category</b>	<b>Foods to Eat</b>	<b>Foods to Avoid</b>
<b>Meat:</b> Eating protein with every meal helps to regulate and maintain steady blood sugar and energy.	Eat only the meat and not the skin of organic or free-range chicken and turkey. Wild game, venison, elk, and lamb are also fine.	Beef Pork Some organic beef/buffalo is OK in small amounts
<b>Dairy and Eggs</b>	Organic, farm fresh eggs eaten no more than every three days	Dairy products: milk, cheese, yogurt
<b>Spices</b> Add any favorite spice to enhance the flavor of your food		
<b>Fruit:</b> Eat only 1-2 pieces of practically any fruit per day. If possible, it is best to eat the fruit baked such as a baked apple or pear. Try to eat mostly fruit from the lower 3% and 6% carbohydrate category.	<b>3%:</b> Cantaloupe, rhubarb, melons, and strawberries <b>6%:</b> Apricot, blackberries, cranberries, papaya, peach, plum, raspberries, and kiwi <b>15%:</b> Apple, blueberries, cherries, grapes, pear, pineapple, pomegranate <b>20%:</b> banana, figs, and prunes	Citrus fruits. Lemon is OK
<b>Sweeteners:</b> Use sweeteners only occasionally	Pure maple syrup, brown rice syrup, raw honey, or stevia.	Absolutely no sugar, Splenda, Nutra-sweet, or any other artificial sweetener is allowed.
<b>Butter and oils</b>	Mix 1 lb. organic butter with 1 cup extra virgin olive oil to use as a spread. Store in refrigerator. Use olive oil for cooking, coconut oil only for baking, and nut or seed oils for salads.	

<p><b>Nuts and seeds</b> Hint: Combine a nut butter with a higher carbohydrate food to slow insulin release and moderate blood sugar.</p>	<p>Grind flax, pumpkin, sesame, or sunflower seeds and add to steamed vegetables, cooked grains, etc. Most nuts and seeds are OK including nut butters.</p>	<p>Peanuts and peanut butter.</p>
<p><b>Drinks</b></p>	<p>Minimum of 1/2 your weight in ounces per day of filtered <b>WATER</b>. A small amount of rice, oat, almond, or soy milk is OK. Herbal teas can be great coffee and juice substitutes.</p>	<p>Coffee, soda, juice, caffeinated teas, or alcohol.</p>
<p><b>Miscellaneous</b></p>		<p>Corn products. Hydrogenated oils and trans-fats. Processed foods      Fried foods</p>