

# The Anti-Inflammatory Diet



## Healthy Choices.

- ⇒ **Water.** Drink 1/2 your weight in ounces per day.
- ⇒ **Organic Vegetables.** Eat in abundance, focusing on brightly colored reds, oranges, yellows, purples, and greens to maximize anti-oxidants.
- ⇒ **Organic Fruits.** Northern grown, low glycemic fruits are the best. Avoid or severely limit if you are trying to lose weight or have blood sugar regulation problems.
- ⇒ **Organic Green or Herbal Teas.**
- ⇒ **Anti-Inflammatory Spices.** Cinnamon, basil, cilantro, turmeric, ginger and cumin.
- ⇒ **The Right Fats and Oils.** For cooking, use coconut or avocado oils. For dressings use olive oil. Other sources include flax and chia seeds, almond and cashew butters, and organic grass-fed butter. Read labels on processed and packaged foods to avoid problematic oils.
- ⇒ **Protein.** Choose free-range/grass-fed organic meats and wild caught fish when possible. Other sources include nuts and seeds, and free-range eggs.

## Foods to Avoid

- ⇒ **Known food allergies or sensitivities.**
- ⇒ **Food additives.** Colors, dyes, flavorings, preservatives, etc.
- ⇒ **Caffeine or Other Stimulants.** Limit caffeine to one cup per day in the morning only.
- ⇒ **Sugars of any kind:** refined (table sugar), honey, molasses, maple syrup, agave, etc. This also includes artificial sweeteners.
- ⇒ **Gluten.** Wheat, barley, rye, spelt, kamut, and triticale.
- ⇒ **The Wrong Fats and Oils.** Most vegetable oils (soy, canola, corn, safflower, sunflower, etc), fried foods, hydrogenated oils, trans fats, peanut butter and non-organic red meats.
- ⇒ **The Dirty Dozen.** See [www.ewg.org](http://www.ewg.org) for a list of the most pesticide-heavy fruits and vegetables.
- ⇒ **Dairy.** Cow milk, cheese, and yogurt.
- ⇒ **Processed Foods.** If it's made in a factory, or made to last sitting on a shelf, it's best to avoid.
- ⇒ **Fruit juices.**

## Healthy Habits.

- ⇒ **Focus on Quality.** Not all calories are created equal.
- ⇒ **Eat real foods.** Eat from the earth. If they came from a factory, they aren't real.
- ⇒ **Clean up your diet.** Look for foods that are antibiotic, hormone, and pesticide-free.
- ⇒ **Go organic.** Buy as much as your budget allows. Organic food is nutritionally superior and does not contain pesticides that damage our gut health.
- ⇒ **Stay Local.** Buy local when possible. Get to know your farmers. Grow your own gardens.
- ⇒ **Move.** Daily exercise is crucial for lowering inflammation.
- ⇒ **Relax.** Find ways to reduce stress in your life.

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<b>BASIC ANTI-INFLAMMATORY DIET GUIDELINES</b>	
<b>TAKE OUT THE BAD</b>	<b>PUT IN THE GOOD</b>
<b>Processed or Refined Grains &amp; GLUTEN</b> (pasta, crackers, cookies, chips, tortillas, cakes, pastries, bread, muffins, white rice, enriched flours, etc)	<b>Whole GLUTEN FREE grains</b> (oats, amaranth, brown or wild rice, quinoa, millet, buckwheat, sorghum, teff)
<b>Bad Fats/Oils</b> (commercial cooking oils like corn, canola, vegetable, soy, cottonseed, sunflower, etc; fried foods; hydrogenated or partially-hydrogenated oils; margarine)	<b>Good Fats/Oils</b> (raw nuts, olive oil, avocado oil, coconut oil, butter, ghee, olives, avocados, coconut, fish, fish oil, flax/flax oil, chia seeds)
<b>Sugary Drinks</b> (fruit juices, sports drinks, sodas, sugar-free drinks like Crystal Lite, sweetened teas)	<b>Clean Hydration</b> (water! – at least half your body weight in ounces daily; organic green tea; kombucha)
<b>Dried Fruit</b>	<b>Real, Whole Fruit, Organic</b> (or at least buy from the Dirty Dozen/Clean 15 List. The more color in your diet the better. Limit to 2 servings per day or less if you are trying to lose weight.)
<b>Vegetable Chips</b> (potato or dried vegetables)	<b>Real, Whole Vegetables, Organic</b> (or at least buy from the Dirty Dozen/Clean 15 List). Limit starchy root vegetables and corn. Go for leafy green vegetables or those with brightly colored skins
<b>Refined Sugars</b> (table sugar, brown sugar, high fructose corn syrup, agave syrup, artificial sweeteners, aspartame, juice concentrates, etc.)	<b>Natural Sugars</b> (honey, molasses, maple syrup, coconut sugar— IN MODERATION! Drastically limit any added sugar for weight loss)
<b>Chemical Additives</b> (mono/diglycerides in baked goods, brominated vegetable oil, food colorings, preservatives, nitrates/nitrites, THBQ, pesticides, fungicides)	<b>Whole foods without ingredients, Organic Made from the Earth!</b>
<b>Dairy</b> (milk, cheese, yogurt, cow kefir, whey)	<b>Probiotic Rich Foods</b> (Coconut kefir, kambucha, fermented vegetables, sauerkraut)
	<b>Mineral/Bone Broth</b>
<b>Conventionally Grown Meats, and Farmed Fish</b>	<b>Organic, grass fed, pasture raised meats and low-mercury, wild caught fish</b>
<b>Avoid OTC Pain killers</b> (NSAIDS, Tylenol, aspirin, etc)	<b>Anti-Inflammatory Spices, Foods and Supplements</b> (resveratrol, turmeric, ginger, rosemary, clove, cumin, cayenne, chocolate, magnesium, quercetin, and boswellia)