

Anti-Inflammatory Diet

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	Foods to Include	Foods to Exclude
Fruits	Fresh, unsweetened, frozen or canned water packed fruits	Fruit juices
Vegetables	All raw or steamed, fresh, juiced or roasted vegetables except those listed at right	Corn, white potatoes, creamed vegetables, tomatoes and their sauces, including seasonings, steak sauce and ketchup, meatloaf, baked beans, gravies and salad dressings that contain tomatoes; no peppers including red, green, yellow, jalapeno, chili, cayenne, curry, pimentos and paprika; no onions
Starch	Rice (brown), millet, quinoa, amaranth, tapioca, buckwheat, sweet potatoes	Wheat, oats (including oatmeal), corn, barley, spelt, kamut, rye; avoid any product containing gluten
Bread/cereal	Products made from rice, buckwheat, tapioca, arrowroot, amaranth, quinoa	Products made from wheat, spelt, kamut, rye or barley
Legumes (vegetable protein)	All legumes including peas and lentils but no soy beans	Tofu, tempeh, soybeans, soy milk and any product made from soy (watch out for protein bars!)
Nuts and seeds	Almonds, cashews, walnuts, sesame (tahini), sunflower, pumpkin, nut butters (except peanut butter)	Peanuts, peanut butter
Meat and fish	All fresh and frozen fish, chicken, beef, turkey, wild game, lamb; canned and water packed fish	Pork, frankfurters, sausage that isn't 100% chicken or turkey, canned meats (other than water packed fish), shellfish
Dairy	Milk substitutes such as rice milk, almond milk, coconut, and hemp milk, eggs (limit to two times per week)	Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers, soy milk
Fats	Oils: cold pressed olive, flaxseed, sunflower, sesame, walnut, coconut or almond	Margarine, shortening, processed and hydrogenated oils, mayonnaise, spreads
Beverages	Filtered water, decaffeinated herbal teas, seltzer, mineral waters	Soda, alcohol, coffee, tea, caffeinated beverages in general, including guarana
Spices and condiments	Vinegar; all spices including salt, pepper, cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon etc	Chocolate, ketchup, relish, chutney, soy sauce, BBQ sauce
Sweeteners	Brown rice syrup, fruit sweeteners, blackstrap molasses, stevia	White or brown sugar, honey, maple syrup, corn syrup, high fructose corn syrup dextrose

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Diet Hints	Extras to Help Heal
<p>Breakfasts- Smoothies and meats work well. The occasional eggs are ok, too, as long as they are free range. If you're making a smoothie, try not to load it with too much fruit. It may seem healthy, but it can be a sugar-shock to your system and start a blood sugar roller coaster that is with you the rest of the day. In addition, try to add some protein or fat. Protein powder and coconut-based beverages work well for this purpose. Finally, there are plenty of gluten-free hot cereals available at many stores.</p> <p>Lunch/Dinner- Salads are a great way to bring protein and vegetables together. You can use olive oil and vinegar for a dressing and top it with whatever meat or fish is your choice. Eating out can be tough while on this diet. I encourage you to eat as much as you can at home since the point of this three week period is to be as clean as you can. Being strict for three weeks will help you get powerful information from the reintroduction period. Restaurants often have bits of hidden other foods that can contaminate what you are eating.</p> <p style="padding-left: 40px;">Steamed and/or roasted vegetables can be added to an allowed grain, such a quinoa, for a tasty meal. Learning how to appropriately steam vegetables (try not to <i>over-steam</i>) makes preparing healthy meals much easier.</p> <p>Desserts- This can be the toughest part of the diet. There isn't much that is on the "allowed" list. One hint that I got from a fellow doc: brush your teeth right after you eat. This can signal your brain that you won't be eating any more food and the cravings may diminish a bit.</p>	<p>Drink lots of pure water. -Divide your weight in half and try to drink that many ounces. Ex, if you weigh 150 pounds, try drinking 75 ounces of water per day.</p> <p>Probiotics</p> <p>Protein Powder</p> <p>Detox Protein Powder (Clear-Vite)</p> <p>Hydrotherapy/Saunas</p> <p>Epsom Salt Baths -2-3 cups in hot water. Soak for 20 minutes. Magnesium and sulfate absorbed into your body will help you detox, relax, and reduce pain. Try 3 times per week.</p> <p>Exercise -20 minutes of gentle exercise per day. Rebounder trampoline will help you move your lymph. Colonic -to consider, especially if you are constipated.</p>