

Anti-Inflammatory Dietary Guidelines

Foods to include

Fruits

fresh, frozen or water-packed fruits; fruit juices (made yourself), apple cider (not juice), lemons ok, too

Starches/ bread/ cereal

non-gluten grains: wild rice, millet, amaranth, quinoa, teff, tapioca, arrowroot and buckwheat
root vegetables: beets, red or sweet potato, rutabaga, celery root, parsnips, turnips, etc

Meat/ animal proteins

all fresh fish: halibut, salmon, cod, sole, trout, mackerel, herring, sardines, etc
wild game: venison, buffalo, bison, elk, etc
turkey, chicken (free range), lamb

Legumes

all dried (then cooked) beans and lentils. Beans include garbanzo, black beans, black eyed peas, kudzu, cannellini, pinto, etc

Nuts and seeds

raw almonds, cashews, walnuts, sesame (tahini), sunflower seeds, hemp seeds, chia seeds, flax seeds

pumpkin seeds and nut butters from above list

Dairy products

rice, almond, coconut, cashew or hemp milk

goat's milk or yogurt or cheese? Ghee

Vegetables

raw, steamed, sauteed, juiced or baked vegetables, preferably green
all root vegetables except white potatoes

Fats/oils

flax seed oil, extra virgin olive oil, sunflower oil, walnut oil, pumpkin seed oil, almond oil
rapeseed oil, avocado, coconut oil

Sweeteners

honey, raw honey, real maple syrup, black strap molasses, raw agave nectar?, raw cane sugar,

stevia?

Spices

garlic, turmeric root, rosemary, ginger root, parsley

raw apple cider vinegar or fresh lemon juice

Foods to avoid

Fruits

all citrus: orange, grapefruit, lime (except lemons); grapes, fruit ades, drinks and dried fruit

Starches/ bread/ cereal

wheat, barley, rye, gluten, oats??, spelt, kamut

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Meat/ animal proteins

beef (except grass fed organic or wild game)
pork, cold cuts, hot dogs, sausages, canned meats, shellfish (lobster, shrimp, crawfish, etc)

Legumes

soy, peanuts

Nuts and seeds

peanuts and peanut butter, pistachios

most roasted nuts due to poor oils used

Dairy Products

cow's milk products (except grass fed): cheese, yogurt, milk, ice cream, etc

butter ?, ice cream, frozen yogurt, non-dairy creamers

Vegetables

nightshades: tomatoes, white potatoes, eggplant, peppers (green, yellow, orange, red), cayenne
canned vegetables

Fats/ oils

hydrogenated oils, canola oil, margarine, shortening, processed oils/ lard, butter substitutes

Sweeteners

no refined sugar, refined maple syrup, corn syrup, high fructose corn syrup
artificial sweeteners: aspartame, sucralose, splenda, nutrasweet, acesulfame-K, etc
no powdered sweetener combinations
sugar alcohols? Mannitol, sorbitol, erythritol, etc

Spices

cayenne pepper
all vinegars except raw apple cider, acidic condiments: mustard, salsa, relish, etc