

Anti-Inflammatory Diet

	Foods to include:	Foods to exclude:	
Fruits	Unsweetened fresh or frozen fruits.	All citrus fruits (oranges, grapefruit,	
	(Fruit limitations depend on health	lemon, lime), grapes, fruit drinks and	
	concerns- Discuss with your ND)	dried fruit.	
Starch	Non-gluten grain (brown rice, millet,	Wheat, corn, oats, barley, spelt,	
	quinoa, amaranth, teff, tapioca,	kamut, rye, all gluten containing	
	buckwheat)	products	
Breads and	Any made from rice, buckwheat,	All wheat, oat, spelt, kamut, rye,	
Cereals	millet, soy, tapioca, arrowroot,	barley, or gluten containing products	
	amaranth, quinoa		
Meat	All fresh fish (halibut, salmon, cod,	Beef, pork, cold cuts, frankfurters,	
	sole, trout) wild game, chicken, turkey,	sausage, canned meats, eggs, shellfish	
	lamb		
Legumes	All dried beans, peas, lentils		
	(Depends on health concerns-		
	Discuss with your ND)		
Nuts and	Almonds, cashews, walnuts, sesame	Peanuts, pistachios, peanut butter	
seeds	(tahini), sunflower, pumpkin and nut		
D ·	butters made from these seeds		
Dairy	Milk substitutes (rice milk, soy milk,	Milk, cheese, cottage cheese, cream,	
products	nut milk), goat cheese, goat milk	butter, yogurt, ice cream, frozen	
		yogurt, non-dairy creamer (Butter-	
Vecetables	Dens stand south divised subshall	optional- Discuss with your ND)	
Vegetables	Raw, steamed, sautéed, juiced or baked	Canned or creamed in casseroles, all nightshade family vegetables	
	vegetables (except those specified)	(tomatoes, potatoes, green, red and	
		yellow peppers, eggplant)	
Fats	Olive oil, flax seed oil, cold/expeller	Margarine, shortening, processed oils,	
1 213	pressed canola, safflower, sunflower,	processed salad dressing, spreads	
	walnut, pumpkin, almond oil, sesame	processed salad dressing, spreads	
	oil, coconut oil, butter in moderation.		
Beverages	8 cups of filtered or distilled water per	Pop, alcohol, coffee, tea, all	
	day, herbal teas	caffeinated beverages	
Sweeteners	Brown rice syrup, fruit sweetener,	No white or brown sugar, honey,	
	molasses	maple syrup, corn syrup, high fructose	
		corn syrup	
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Shopping List

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