

Anti-Inflammatory Diet

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

Shopping List

<p>Proteins: Chicken Turkey Lamb Fish: Cod Halibut Mackerel Salmon Tuna Trout Wild game Dried beans Dried peas Lentils Soy: Tofu Tempeh Soy milk Soy yogurt</p> <p>Grains: Rice Rice bread Rice pancakes Rice cakes Rice pasta Rice milk Cream of rice Puffed rice Tapioca Amaranth Millet Teff Quinoa</p>	<p>Vegetables: Alfalfa sprouts Artichoke Avocado Asparagus Beets Bok choy Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Cucumber Daikon radish Endive Green or yellow beans Greens (mustard, chard, collards) Kale Leeks Lettuce Mung beans Okra Onions Parsnips Radishes Rutabaga Sea vegetables Snow peas Spinach Squash (summer and winter) Sweet potatoes Turnips Water chestnuts Zucchini squash</p>	<p>Fruits: Apple Applesauce Apricot Avocado Banana Blueberries Cherries Kiwi Mango Melon Nectarine Papaya Pear Peach Pineapple Plum Prune Raspberries Strawberries</p> <p>Nuts & seeds: Almonds Cashews Hazelnuts Pecans Pumpkin seeds Sunflower seeds Walnuts Nut butters from these nuts</p> <p>Oils: Almond oil Coconut oil Flax oil Olive oil Pumpkin oil</p>	<p>Spices: Anise Bay leaf Basil Cardamom Celery seed Chilli Cinnamon Cumin Curry Dill Dry mustard Fennel Garlic Ginger Marjoram Oregano Parsley Rosemary Saffron Savory Tarragon Thyme Turmeric</p> <p>Sweeteners: Agave Nectar Brown rice syrup Fruit sweetener Molasses Stevia</p>
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