

Guidelines for an Anti-Inflammatory Diet

*The key is to eat a diet primarily of whole, fresh foods that will fight inflammation by improving the fatty acid balance in your meals. Quality Protein food selection matters.

*Get rid of processed, manufactured foods, even if gradually.

*Lose extra body fat that pumps out those chemicals that cause cellular inflammation.

*Choose low glycemic foods that help you avoid insulin spikes. Most are simply low carbohydrate foods.

VEGETABLES...A KEY FOUNDATION

Eat both raw and cooked, from all colors of the rainbow, organic when possible.

5-7 servings per day, ½ cup per serving. Includes fresh vegetable juices.

Best choices:

Green leafy vgs, spinach, kale, romaine
Cruciferous vgs, like broccoli, cauliflower,
Cabbage, chard, Brussels sprouts
Squash, pumpkin, carrots
Asparagus, onions, garlic

Avoid: (high sugar)

White potato
Turnip
Rutabaga
Parsnip
Corn

Fruits... Fresh in season or frozen, organic when possible.

3-4 servings per day, ½ cup or 1 medium

Best Choices:

All Berries, apples, pears
All others not listed to avoid

Avoid: (high sugar)

Banana, pineapple, papaya
All fruit juices

Protein Foods...3-5 ounces per day, cooked weight. Organic when possible.

Ideally, limit to two servings per week from the high AA protein list;

Up to three servings per week from the moderate AA protein list,

And NO limit per week from the low AA protein list. (See side-bar for detail)

(Note: dairy and soy have negligible amounts of AA)

Wild-caught Fish and Seafood, 2-6 times a week (avoid farmed fish)

Whole soy foods 1-2 servings a day (Edamame, soy nuts, tofu, tempeh)

Greek yogurt, plain

Omega-3 enriched Fresh Eggs

Skinless poultry

Lean Meats