



ANTI-INFLAMMATORY DIET

Try to eat only organically grown foods as they reportedly have 2-5x more nutrients and it will decrease exposure to pesticides. There is no restriction on the amount of food you can eat. The foods listed are only examples of foods to eat. Try to compose meals of approximately 40% carbohydrates, 30% protein, and 30% healthy fats. Try to not eat any 1 food any more than 5 times per week. Plan your meals ahead of time and try to find at least 10 recipes you enjoy.

Steamed vegetables:

- The primary reason for using steamed vegetables is that steaming improves the utilization or the availability of the food nutrients allowing the GI mucosa to repair itself. Use minimal raw vegetables except as a salad. Include at least 1 green vegetable daily.
- Eat a variety of any and all vegetables (except tomatoes and potatoes) that you can tolerate. It is best to try and eat mostly the lower carbohydrate (3 & 6%) vegetables. For example:
 - 3% - asparagus, bean sprouts, beet greens, broccoli, red & green cabbage, cauliflower, celery, swiss chard, cucumber, endive, lettuce (red, green, romaine), mustard greens, parsley, radish, spinach, watercress
 - 6% - string beans, beets, bok choy, brussel sprouts, chives, collards, eggplant, kale, kohlrabi, leeks, onion, pumpkin, rutabagas, turnip, zucchini
 - 15% - artichoke, parsnip, green peas, squash, carrot
 - 20% - yam

Grains:

- Eat one to two cups of cooked grains per day of those you tolerate.
- Allowed grains include: amaranth, barley, buckwheat, millet, quinoa, basmati or brown rice, rye, teff.

Legumes:

- Eat a variety of any legumes you are able to tolerate. Soak for 48-72 hours and cook slowly: split peas, lentils, kidney beans, pinto beans, fermented soy (tempeh or miso), mung beans, garbanzo beans, aduki beans

Fish:

- Poach, bake, steam, or broil deep-sea ocean (vs. farmed) fish – cod, croaker, haddock, halibut, Pollock, sardines, sole, summer flounder, tilapia, wild pacific salmon
- No shellfish – shrimp, lobster, crab, clam

Chicken/Turkey:

- Eat only the meat & not the skin of free-range or organically grown chicken/turkey. Bake, broil or steam.

Meat:

- All free-range, grass-fed animals including lamb, buffalo, venison, elk, and beef are OK.

Fruit:

- Eat only 1 or 2 pieces of any fruit except citrus per day. If possible, it is preferred to eat the fruit baked (such as a baked apple or pear). Like vegetables, try to eat mostly the low carbohydrate fruits. For example:
 - 3% - cantaloupe, rhubarb, strawberries, melons
 - 6% - apricot, blackberries, cranberries, papaya, peach, plum, raspberries, kiwi
 - 15% - apple, blueberries, cherries, grapes, mango, pear, pineapple, pomegranate
 - 20+% - banana, figs, prunes

Sweeteners:

- Occasionally maple syrup, rice syrup, barley syrup, raw honey or stevia – use ONLY with meals.
- Absolutely no sugar, NutraSweet, or any other sweetener is allowed.

Seeds and Nuts:

- Grind flax, pumpkin, sesame or sunflower seeds and add to steamed vegetables, cooked grains, etc. You may also eat nut and seed butters – almond, brazil, cashew, sesame, etc.

Spices:

- To add a delightful flavor to your food choices, add whatever spices you enjoy.

To Drink:

- Drink half your body weight in ounces of water daily. No distilled water.

For the time being, avoid the following foods:

All animal milks

Eggs

Wheat/gluten products

Citrus fruits

Peanuts/peanut butter

All animal cheeses

Meat (pork, grain-fed animals)

potatoes

bread

all fruit juices

any processed food

all caffeinated teas, coffee

all corn products

tomatoes

white flour

all dried fruit

fried foods

alcohol

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