

Anti-inflammatory Diet

This diet is useful for inflammatory conditions such as arthritis, colitis, and gastroenteritis and any problem that is characterized by an excess of inflammation. Eat organically grown non-genetically modified foods as much as possible. The following foods are examples of the type of foods you should be eating. There is no restriction on the amount of food you can eat, but try to vary the foods you eat each day.

Steamed vegetables:

- ❖ Steaming veggies improves digestion and reduces food residues that may be irritating to the gut. This allows the lining of the gut to heal and improves utilization or availability of food nutrients. Raw vegetables may be difficult for you to digest so limit the amount you eat.
- ❖ Eat a wide variety of different vegetables except **corn, tomatoes, potatoes, peppers, eggplant** and any vegetables that you know you are sensitive to. Yams, sweet potatoes and squash are allowed.
- ❖ Aim for 5 servings of vegetables per day as a minimum (1 serving = 1 cup of cooked or 2 cups of raw or 1 cup of fresh vegetable juice).
- ❖ Add your favorite herbs and spices to enhance the taste of these vegetables.
- ❖ Vegetable soups and broths are very soothing to the gut.
- ❖ Do not use aluminum cookware.
- ❖ It is best to try and eat mostly the lower carbohydrate vegetables.

For example: asparagus, bean sprouts, beet greens, broccoli, cabbage, cauliflower, celery, Swiss chard, cucumber, endive, lettuce, mustard greens, radish, spinach, watercress, string beans, beets, brussel sprouts, chives, collards, kale, kohlrabi, leeks, onion, parsley, pumpkin, rutabagas, turnip

Grains:

- ❖ Eat one to two cups of cooked grains per day (of those you tolerate)
- ❖ Grains suggested include basmati or brown rice, millet, quinoa, amaranth, oatmeal and buckwheat. If you know that you can tolerate gluten you can add barley, rye, spelt and kamut to that list. Avoid **wheat** altogether.
- ❖ Other grain foods that may be eaten are rice crackers and rice cakes. Wasa crackers or Rye Krisp can be used if gluten is not a problem for you.

Nuts and seeds:

- ❖ Carry with you raw, unsalted almonds, sunflower seeds, and pumpkin seeds.
- ❖ Soy beans (roasted, salted or unsalted) are a great snack
- ❖ Grind flax, pumpkin, sesame or sunflower seeds and add to steamed vegetables, cooked grains etc.
- ❖ You can also eat nut and seed butters (e.g. almond, cashew, sesame), but avoid **peanuts** and **peanut butter**.

Legumes:

- ❖ Eat a variety of any bean (legume) that you are not sensitive to. They must be thoroughly cooked and rinsed. Canned beans with no additives are acceptable.
- ❖ Enjoy any of the following- split peas, lentils, pinto beans, soy beans, mung beans, chick peas and adzuki beans. Avoid **kidney** beans.
- ❖ Amino acids found in legumes compliment amino acids found in whole grains, nuts and seeds to form complete protein. A ratio of 1/3 cup of legume to 1 up of whole grain is optimal. This combination is usually well tolerated and provides you with a vegetarian source of protein equivalent to that found in meat and fish.

Fish:

- ❖ Deep sea ocean (vs. farmed) fish is preferred - wild salmon, halibut, cod, sardines, mackerel and arctic char.
- ❖ Avoid shellfish and tuna due to its high mercury content.
- ❖ Prepare poached, baked, steamed or broiled – do not fry.

Chicken/Turkey:

- ❖ Eat only the white meat (no skin) of free-range or organically grown chicken or turkey.
- ❖ Chicken and turkey is best baked, broiled or steamed.

Fruit

- ❖ Eat 1 or 2 pieces of any fruit except grapefruits and oranges. If necessary bake or poach the fruit (such as apples or pears). Unsweetened apple sauce is good for the gut.
- ❖ Like the vegetables, try to eat mostly the low carbohydrate fruits.

For example: cantaloupe, rhubarb, strawberries, melons, apricot, blackberries, cranberries, papaya, peach, plum, raspberries, kiwi, apple, blueberries, cherries, grapes, mango, pear, pineapple, pomegranate

Sweeteners:

- ❖ Very small amounts of maple syrup, honey or stevia can be used.
- ❖ Avoid refined sugar or artificial sweeteners.

Butter/oils:

- ❖ Small amounts of butter are actually good for digestion. You can mix one pound of butter with 1 cup of extra virgin olive oil (from a new, dark container). Whip it at room temperature and store in the refrigerator. This provides the benefits and taste of butter and the essential fats in olive oil.
- ❖ Use extra virgin olive oil or extra virgin cold pressed coconut oil for situations requiring oil for cooking.
- ❖ When using other oils, (such as flax oil) try not to heat them, put them on after food has already been heated.

Spices:

- ❖ Curry, ginger, garlic (unless you are sensitive), parsley, savory, mixed Italian spice, cinnamon, cardamom, cayenne, Celtic sea salt, turmeric (in as many things as possible), basil and coriander. Use generously and in all your stir fries, roasted meals and soups.

Herbal teas and water:

- ❖ Drink a minimum of 8 glasses of filtered, spring or reverse osmosis water every day. Warm it if you need to.
- ❖ Drink 2-4 cups of herbal tea - sipped slowly. It is better to drink away from meals so you don't dilute your stomach acid.

It is important to chew your foods carefully and try to be mindful as you eat (i.e. don't eat on the run, if you're upset or sad, don't slouch or lie down when eating)

Specific recommendations for you:

√	Foods to avoid while on this diet:	Alternatives
	Cow's milk, cheese, ice cream	Rice milk, Almond milk, Soy milk
	Yogurt from cows milk	Soy milk yogurt
	Goat milk, cheese (feta e.g.) yogurt	Soy milk yogurt
	Wheat and wheat products including breads and pasta	Rice, spelt, rye, or kamut breads and pasta
	Other gluten containing grains such as barley, rye, spelt and kamut	Rice, quinoa, buckwheat, amaranth, millet and oatmeal
	Oranges and grapefruits	Any other fruit
	All caffeinated teas and coffee	Green and white tea
	Alcohol and carbonated beverages	Water, herb teas, dilute fruit juices
	Sugar and artificial sweeteners such as Nutrasweet	Maple syrup, honey, rice/barley syrup, stevia
	Tomatoes, potatoes, eggplant, peppers, corn and corn products	Sweet potatoes, yams and squash
	Red meat – especially pork	Chicken and fish
	Fried and processed foods	Steamed, baked fresh foods
	Peanuts and peanut butter	Almonds and almond butter

