
The Anti-Inflammatory Diet

Purpose:

One of the main goals for treating inflammation and inflammatory conditions is to remove the major triggers of inflammation in the body. The food you choose to eat provides one of the greatest sources of inflammatory triggers.

Please follow these instructions to decrease inflammation and allow your body to heal.

Please remove the following from your diet (a list of suitable foods is included on the other side of this handout):

1. All foods containing gluten:

The most common food allergies are caused by wheat and gluten containing foods. These include wheat, rye, oats, and barley. These foods are found in bread, pasta, and other products containing refined flours.

By avoiding these foods for a few weeks you give your body a chance to heal.

2. All dairy products (milk, cheese, butter, yogurt etc.)

Dairy products are a large source of allergies and can cause an increase in pain.

3. All refined sugar products (sweets, candy bars and junk food)

Refined sugar slows the process of detoxification in the body and has been shown to weaken the immune system.

4. Corn, tomatoes, peppers and eggplant

These are common allergies and should be avoided because they can contribute to pain and inflammation

5. Pork, cold cuts, bacon, hot dogs, canned meat, sausage, and shellfish

The above meats should be avoided because they have been shown to increase inflammation.

6. Alcohol, caffeine containing beverages (coffee, black tea and sodas) and soy milk, soda and fruit drinks that are high in refined sugar

These are particularly hard on the liver, which has to be functioning properly in order to begin to reduce the inflammation in your body.

7. Foods high in fats and oils, including peanuts, refined oils, margarine, shortening, hydrogenated oils

These foods put a burden on the body especially the gallbladder and the liver.

Please review the list for foods to include and exclude

	Include	Exclude
Fruits	Unsweetened fresh, frozen, water-packed or canned; unsweetened fruit juices	Oranges
Vegetables	All fresh raw, steamed, sautéed, juiced, or roasted vegetables	Corn, creamed vegetables
Starch	Brown rice, oats, tapioca, quinoa, amaranth, teff, millet, buckwheat and products made from these and rice, potato flour, or arrowroot	Wheat, corn, barley, spelt, kamut, rye
Legumes	All bean (except soy) peas, lentils	Soybeans, tofu, tempeh, soy milk, other soy foods
Nuts & Seeds	Almonds, walnuts, sesame, sunflower, pumpkin seeds; and as nut butters	Peanuts, peanut butter, cashews, cashew butter
Meat, Fish, Eggs	All canned or fresh fish, chicken, turkey, wild game, lamb (grass fed, organic)	Beef, pork, cold cuts, frankfurters, sausage, canned meats, eggs, shellfish
Dairy Products	Milk substitutes (rice milk, almond milk, oat milk, coconut milk, other nut milks)	Cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamer, margarine
Fats	Cold expressed olive, flax, safflower, sunflower, sesame, walnut, pumpkin oils	Shortening, margarine, hydrogenated oils, mayonnaise, spreads, canola oil
Beverages	Filtered water, herbal tea, seltzer, mineral water	Soft drinks, alcohol, coffee, black tea, other caffeine containing beverages
Spices	All spices unless excluded	Ketchup, mustard, pickle relish, chutney, soy sauce, barbecue sauce
Sweeteners	Brown rice syrup, fruit sweeteners, stevia, blackstrap molasses	White, brown, refined sugars, honey, maple syrup, corn syrup, high fructose corn syrup, all artificial sweeteners, all candy