

## Anti-Inflammatory Diet

An Anti-Inflammatory diet consists of eating a mostly vegetarian diet with smaller amounts of organic high-quality proteins. This also means focusing more on alkaline foods & less on acidic foods. Stay away from anything that has been treated or fed with hormones, or is genetically modified.

1. Vegetables (lightly cooked or steamed is better than raw)
  - a. Brussels sprouts, Broccoli, Cauliflower, Cabbage (green & purple), Bok Choy, Dark greens (kale, spinach, collard greens, mustard greens, Swiss chard), Carrots, Celery, Beets, Squash, Onion, Garlic, Ginger, etc.
  - b. Organic is always best, especially for leafy greens.
  - c. 4-5 servings/day.
2. Fruits:
  - a. All fruits except banana, mango & pineapple. These have too much sugar & will contribute to pain & inflammation & fatigue.
  - b. Choose organic whenever possible.
  - c. Dark berries are especially favored. (raspberries, blueberries, blackberries, etc.)
  - d. 3-4 servings/day.
3. Whole grains & Beans:
  - a. Brown rice, white/basmati rice, steel cut oats, buckwheat, barley, wild rice.
  - b. Black beans, Kidney beans, Aduki beans, Anasazi beans, Garbanzo beans/Chickpeas, Lentils (black are best!)
  - c. Eat 3-5 servings/day. ½ cup cooked grain = 1 serving.
4. Oils, Nuts & other healthy fats:
  - a. Organic Extra-Virgin, Unrefined Coconut Oil. Absolute best choice.
  - b. Organic Extra-Virgin Olive Oil, if unheated (with salads & veggies).
  - c. Organic Flax Oil or Fish/Cod Liver/Krill oil. 1-2 Tablespoons/day.
  - d. AVOID all refined oils, hydrogenated oils & trans-fats.
  - e. Walnuts, Almonds, Flax Seeds, Chia Seeds, Avocado. Again, best to choose organic.
    - i. Choose raw, un-roasted nuts & nut butters, when possible.
    - ii. NO peanuts. These are the worst type nuts for you.
  - f. 4-7 servings/day.
5. Protein:
  - a. Wild-caught Salmon, Trout, Sardines, Herring, Cod (Black cod).
  - b. Free Range Chicken, Grass-fed Beef, Organic Free-Range Eggs.
  - c. Pork, Lamb, Shrimp, Scallops (all shellfish) should be eliminated.
  - d. Non-GMO, Organic Soy (all other soy products should be eliminated)
  - e. Organic dairy (no hormones!), in very small amounts.
  - f. Overall, 2-6 servings/week.

6. Miscellaneous:

- a. Spices: **turmeric**, basil, cilantro, rosemary, thyme, **ginger**, garlic, cinnamon.
- b. Supplements:
  - i. High-quality multivitamin including anti-oxidants:
    - 1. C, E, Co Q-10, Selenium, D-3, Mixed Carotenoids ( or Vit A)
  - ii. Vitamin D-3 = 1-2000 i.u./day
  - iii. Fish/Flax oil, details above = 1-2 grams/day
  - iv. Resveretrol. 200-600 mcg/day
- c. Alcohol. Choose Red wine, if possible. 1-2 glasses/day. (4 oz. = 1 glass)
- d. Water, Water, Water. Filtered, non-bottled water. Distilled water may be too draining. Never take supplements or medications with distilled water.
  - i. 6-8 glasses/day.
- e. Eliminate Coffee, when you feel you can. It is too dehydrating & ultimately draining to your system. Also causes inflammation.
  - i. Focus on teas, such as green tea, white tea, herbal tea, oolong tea, pu-er tea (if available).
  - ii. Try to drink 2-4 cups of tea/day.
- f. AVOID artificial anything in your diet: sweeteners, colors, flavors, additives.
  - i. If you get a sweet tooth, dark chocolate (70% + cocoa content) is better than milk chocolate. Dried, unsulfured fruits are another good choice.
  - ii. Ice cream is the enemy. If you must have something cold, try no-sugar-added sorbet.
  - iii. Sodas should be avoided. High refined sugar = inflammation.
  - iv. Honey, Stevia, Agave nectar are all good.
  - v. White, processed sugar is not good for you = fatigue + inflammation.

If you would like to have personalized dietary recommendations for your specific concerns, please contact Kellie Krasovec, L.Ac. directly, at 970.926.6588.