

Anti-Inflammatory Diet

Shopping List – Food Choices

Proteins

Chicken
Turkey
Lamb
Fish
Cod
Halibut
Mackerel
Salmon
Tuna
Trout

Wild game
Dried beans
Dried peas
Lentils
Soy:
Tofu
Tempeh
Soy milk
Soy yogurt (casein-free)

Grains

Rice
Rice bread
Rice pancakes
Rice pasta
Rice cakes
Rice milk
Cream of rice
Puffed rice
Tapioca
Amaranth
Millet
Teff
Quinoa

Vegetables

Alfalfa sprouts
Artichoke
Avocado
Asparagus
Beets
Bok choy
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Daikon radish
Endive
Escarole
Green or yellow beans
Greens – mustard, turnip, chard
Jicama
Kale
Kohlrabi
Leeks
Lettuce
Mung beans
Okra
Onions
Parsnips
Radishes
Rutabaga
Sea vegetables (seaweed, kelp)
Snow peas
Spinach
Squash – summer and winter
Sweet potatoes
Taro
Turnips

Vegetables

Water chestnuts
Yams
Zucchini squash

Sweeteners

Brown rice syrup
Fruit sweetener
Molasses

Fruits

Apple
Applesauce
Apricot
Avocado
Banana
Blueberries
Cherries
Kiwi
Mango
Melon
Nectarine
Papaya
Pear
Peach
Pineapple
Plum
Prune
Raspberries
Strawberries

Nuts, seeds, and Oils

Almond oil
Almonds
Canola oil
Cashews
Flax oil

Nuts, Seeds, and Oils

Hazelnuts
Olive oil
Pecans
Pumpkin oil
Pumpkin seeds
Safflower oil
Sesame seed oil
Sunflower oil
Sunflower seeds
Walnut oil
Walnuts
Nut butters as allowed on list

Spice

Anise
Bay leaf
Basil
Cardamom
Celery seed
Cinnamon
Cumin dill
Dry mustard
Fennel
Garlic
Ginger
Marjoram
Oregano
Parsley
Rosemary
Saffron
Savory
Tarragon
Thyme
Turmeric

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GUIDELINES

FOODS TO INCLUDE

Vegetables: raw, steamed, sautéed, juiced or baked vegetables (except those specifically prohibited)

Fats: olive oil, flax seed oil, cold/expeller-pressed canola, safflower, sunflower, sesame, walnut, pumpkin, almond oil, dressings made from these oils

Beverages: 8 cups of filtered or distilled water per day, herbal tea

Spices: cinnamon, cumin, dill, garlic, ginger, oregano parsley, rosemary, tarragon, thyme, turmeric

Sweeteners: brown rice syrup, fruit sweetener, molasses

FOODS TO EXCLUDE

Canned or creamed in casseroles, all nightshade family vegetables, including tomatoes, all potatoes (except yams and sweet potatoes), eggplant, red, green and yellow bell peppers

Margarine, butter, shortening, processed oil, salad dressing, spreads

Soda pop, alcoholic beverages, coffee, tea, all caffeinated beverages

Cayenne pepper, paprika

No white or brown refined sugar, honey, maple syrup, corn syrup, high fructose corn syrup

Hidden sources of food allergens:

- § Cornstarch in baking powder and processed foods
- § Corn syrup solids or maltodextrin (corn derivative) used as a sweetener
- § Grain vinegar in ketchup and mustard
- § Oats or corn in amaranth and millet flake cereals

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FOODS TO INCLUDE

Fruits: unsweetened fresh, frozen or water-packed, canned fruits, fruit juices (except those specifically prohibited)

Starch: non-gluten grain: brown rice, millet, quinoa, amaranth, teff, tapioca, buckwheat

Bread/Cereal: any made from rice, buckwheat, millet, soy, tapioca, arrowroot, amaranth, quinoa

Meat: all fresh fish such as halibut, salmon, cod, sole, trout; wild game, chicken, turkey, lamb

Legumes: all dried beans, peas, lentils

Nuts and seeds: almonds, cashews, walnuts, sesame (tahini), sunflower, pumpkin, and nut butters made from these seeds

Dairy products: milk substitutes such as rice milk, soy milk, nut milk

FOODS TO EXCLUDE

All citrus fruits: oranges, grapefruit, lemon, and lime; grapes, fruit drinks, ades, dried fruits

Wheat, corn, oats, barely, spelt, kamut, rye, and all gluten-containing products

All wheat, oat, spelt, kamut, rye, barely, or gluten containing products

Beef, pork, cold cuts, frankfurters, sausage, canned meats, eggs, shellfish

Peanuts, pistachios, peanut butter

Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamer

- ✓ You may continue to take nutritional supplements as recommended by Dr. Jeffrey Tucker. In some instances, you may be advised to add fiber or other supplements. I recommend UltraInflamX. A product that makes a healthy shake. As will all supplements and medications, follow the advice of your healthcare practitioner.
- ✓ Use only purified, distilled or mineral water to mix the UltraInflamX beverages. Check with Dr. Jeffrey Tucker if you use fruit juices. They are high in fructose (fruit sugar) and may not be well tolerated. Diluted organic vegetable juices are generally preferred choices over fruit juice. Avoid fruit drinks or cocktail drinks that contain added sugar.
- ✓ Remember to drink the recommended amount (at least 2 quarts) of plain, filtered water daily.
- ✓ It may be necessary to reduce strenuous or prolonged exercise during part or all of the program. This may be important to allow the body to heal more efficiently without the additional burden imposed by exercise. Adequate rest and stress reduction are also important to the success of this program.