

## ANTI-INLAMMATORY FOOD LIST

## Vegetables

organic best, otherwise scrub and clean!

- arugula 0
- broccoli 0
- brussel sprouts 0
- cabbage
- carrots 0
- cauliflower 0
- celery 0
- cucumbers 0
- egg plant 0
- garlic 0
- beans (green/yellow) 0
- kale 0
- mushrooms 0
- olives 0
- onions (white/red/green) 0
- peppers (all) 0
- pumpkin 0
- radish 0
- romaine lettuce 0
- spinach 0
- squash 0
- tomatoes 0
- wheat grass 0
- zucchini 0

#### in moderation:

- brown/wild rice 0
- beans 0
- lentils 0
- sweet potatoes 0
- quinoa

#### Fish

wild caught best, avoid shellfish/tuna

- bass 0
- cod 0
- haddock 0
- halibut 0
- herring 0
- mackerel 0
- red snapper 0
- salmon 0
- sardines 0
- sea bass 0
- trout

- walleve
- any other 'clean' fish

## Dairy

minimal consumption, raw or low temperature processed

- goat milk
- goat cheese
- sheep milk
- sheep cheese
- organic cow's milk (minimal)
- kefir (cultured goat milk) 0
- raw dairy (cheese, etc.)

#### Meat

wild, organic, grass-fed best

- wild game (anything)
- grass-fed cow 0
- bison 0
- chicken 0
- 0 duck
- lamb 0
- turkev 0
- eggs 0
- minimal pork consumption

### Nuts/Seeds

best is no roast, nothing added

- almonds 0
- brazil nuts
- chia seeds 0
- flax seeds 0
- hazel nuts 0
- pecans
- 0 pine nuts
- pistachios 0
- pumpkin seeds 0
- sesame seeds 0
- walnuts
- nut butters 0
- seed butters

#### Oils/Butters

Unrefined, organic is best

- avocado oil
- almond oil/butter
- butter (pastured best) 0
- coconut oil/butter 0
- ghee 0
- grape seed oil 0
- 0 olive oil
- sesame oil
- palm oil
- walnut oil
- NO canola oil 0
- NO vegetable oil

## Fruits

organic best, otherwise scrub and clean!

- blueberries
- blackberries  $\circ$
- cranberries
- raspberries
- 0 strawberries coconut 0
  - granny smith apple

### in moderation:

- other apples 0
- banana 0
- cherries 0
- grapefruit 0 orange
- all other fruits

# Spices/Herbs

best is fresh, organic

- basil
- cayenne pepper
- cilantro 0
- 0
- ginger
- mustard powder
- parsley 0
- thyme

#### **Condiments**

- apple cider vinegar
- balsamic vinegar
- olive oil

- cocoa
- guacamole
- hummus 0
- mustard 0 salsa

0

sea salt

## **Beverages**

- pure water
- almond milk (no sugar)
- pure water 0
- coconut milk
- grass-fed whey protein
- herbal teas
- fresh vegetable juices

#### in moderation:

- coffee (organic, in 0 moderation!)
- wine (organic when possible!)

## Sweeteners

always in moderation

- honey (raw)
- 0 coconut sugar 0
- stevia 0
- dark chocolate

# **Supplements**

- grass-fed whey protein
- Omega 3 Fish Oil
- greens powder
- probiotics vitamin D

Please understand this is not a complete list of foods, but rather a start for you to learn to get in the habit of choosing whole foods and learn how to integrate them into your existing recipes or create new recipes.

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