



## ANTI-INFLAMMATORY FOOD LIST

### Vegetables

*organic best, otherwise scrub and clean!*

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

in moderation:

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

### Fish

*wild caught best, avoid shellfish/tuna*

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

- o walleye
- o any other 'clean' fish

### Dairy

*minimal consumption, raw or low temperature processed*

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

### Meat

*wild, organic, grass-fed best*

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

### Nuts/Seeds

*best is no roast, nothing added*

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

### Oils/Butters

*Unrefined, organic is best*

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

### Fruits

*organic best, otherwise scrub and clean!*

- o blueberries
- o blackberries
- o cranberries
- o raspberries
- o strawberries
- o coconut
- o granny smith apple

in moderation:

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

### Spices/Herbs

*best is fresh, organic*

- o basil
- o cayenne pepper
- o cilantro
- o dill
- o ginger
- o mustard powder
- o parsley
- o thyme

### Condiments

- o apple cider vinegar
- o balsamic vinegar
- o olive oil

- o cocoa
- o guacamole
- o hummus
- o mustard
- o salsa
- o sea salt

### Beverages

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

in moderation:

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

### Sweeteners

*always in moderation*

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

### Supplements

- o grass-fed whey protein
- o Omega 3 Fish Oil
- o greens powder
- o probiotics
- o 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.*