



The Anti-Inflammatory Diet
For Healing of Injury & Injury Prevention
(as well as Enhanced Athletic Recovery and Prevention of Chronic Disease)

YES eat these foods	NO do not eat these foods
<ul style="list-style-type: none"> • Tart cherries, blueberries, blackberries, cranberries, goji berries, strawberries, raspberries (antioxidant rich) • Papaya, pineapple (contain enzymes that reduce inflammation, and high in antioxidant vitamin C) • All whole fruits; and unsweetened 100% natural juices diluted with water 	<ul style="list-style-type: none"> • Any foods that you have a sensitivity to (top offenders include dairy, wheat, gluten and soy; top allergens include the above plus peanuts, tree nuts, shellfish, fish, eggs, sesame and sulphites; alcohol and caffeine can also cause problems in sensitive people)
<ul style="list-style-type: none"> • Gluten-free whole grains: brown rice, quinoa, amaranth, millet, buckwheat, brown/wild rice, oats • Limited whole grains containing gluten: barley, spelt, kamut, sprouted wheat, rye 	<ul style="list-style-type: none"> • Refined grains including wheat, couscous, refined pasta (white flour, etc) • Products that contain added gluten
<ul style="list-style-type: none"> • Wild salmon & cold water wild fish such as halibut & sardines (for anti-inflammatory omega-3 fatty acids) • Wild game, organic lean lamb, organic chicken, organic turkey, organic pasture raised grass fed red meat no more than once per week 	<ul style="list-style-type: none"> • All CAFO meat (confined animal feedlot operations, aka factory farmed - essentially, non-organic – they are fed GMO grains, hormones & antibiotics) • Sausage, cold cuts, lunch meats, canned meats, hot dogs, processed meats, farmed fish, pork, veal
<ul style="list-style-type: none"> • Split peas, lentils (red, green, puy), beans (chick peas, adzuki beans, kidney beans, black beans, cannellini beans, pinto beans, great white northern beans), endamame, organic tofu, tempeh 	<ul style="list-style-type: none"> • Processed soybean products (soy sauce, soybean oil in processed foods, non-organic soy milk, soy yogurt, fake meat products)
<ul style="list-style-type: none"> • Nuts: raw and unsalted hazelnuts, pecans, almonds, cashews, walnuts, Brazil nuts, pistachios, pine nuts • Seeds: raw sesame, pumpkin, chia, hemp, sunflower • 100% pure nut and seed butters 	<ul style="list-style-type: none"> • Non-organic nuts • Roasted and/or salted nuts - (oxidizes the nut fats, resulting in free radicals); usually contain additional added oils; too much iodized salt
<ul style="list-style-type: none"> • Kale, spinach, romaine, chard, bok choy, nori, kelp (all deep green leafy veggies and sea veggies) • ALL vegetables! Fresh, raw, steamed, sautéed, juiced or roasted vegetables 	<ul style="list-style-type: none"> • POSSIBLY (not everyone) nightshade vegetables (potatoes, eggplant, tomatoes, peppers) – contain alkaloids, known to affect joints, nerve-muscle function and digestion in sensitive individuals
<ul style="list-style-type: none"> • Cold pressed virgin olive oil and virgin Haas avocado oil, organic virgin coconut oil, organic butter 	<ul style="list-style-type: none"> • non-organic butter • All margarine, shortening, processed cooking oils, salad dressings, mayonnaise, spreads
<ul style="list-style-type: none"> • Filtered water, green & matcha tea (anti-inflammatory compounds), herbal teas, mineral water, yerba mate tea, oolong tea, organic “swiss water” decaf coffee 	<ul style="list-style-type: none"> • Alcohol • Coffee, black tea • Caffeinated beverages, soda pop, soft drinks
<ul style="list-style-type: none"> • Raw local honey; maple syrup; unsweetened dried fruit (such as medjool dates, raisins or apricots); brown rice syrup; raw organic unrefined cane sugar *Note: use all sweeteners in limited quantities* 	<ul style="list-style-type: none"> • Refined sugar, white or brown sugars • high-fructose corn syrup (glucose-fructose) • splenda, equal, sweet n low, all artificial sweeteners • evaporated cane juice
<ul style="list-style-type: none"> • Turmeric, ginger, garlic (anti-inflammatory compounds) • Apple cider vinegar, sea salt (non-iodized salt), dried pepper, basil carob, cinnamon, cumin, dill, mustard, oregano, parsley, rosemary, thyme • Raw cacao powder, cacao nibs • Miso, wheat-free tamari 	<ul style="list-style-type: none"> • Chocolate that is less than 70-85% or more cocoa • Ketchup, relish, chutney, soy sauce, barbecue sauce, teriyaki sauce, other similar condiments (they contain lots of sugar) • glucose-fructose • monosodium glutamate (MSG)
<ul style="list-style-type: none"> • Almond or coconut yogurt, organic yogurt and organic kefir (probiotics); non-dairy milks; organic free-range eggs 	<ul style="list-style-type: none"> • Non-organic dairy • All dairy milk