

Anti-Inflammatory Diet

Do your best to eat only the following organically grown foods for the next month.

Steamed Vegetables:

The primary reason for using steamed vegetables is that steaming improves the utilization or the availability of the food substances and it reduces the initiating residue in the gut, allowing it to restore itself. Use minimal raw vegetables except as a salad.

Eat a variety of any and all vegetables (except tomatoes, potatoes) that you tolerate. Do not use aluminum cookware or a microwave.

Grains:

Eat one to two cups of cooked grains per day of those you tolerate.

Allowed grains are millet, basmati or brown rice, quinoa, amaranth, oatmeal, buckwheat, rye, teff.

Other grain food that may be eaten are rice crisps and wasa crackers.

Legumes:

Eat a variety of any legumes that you are able to tolerate: split peas, lentils, kidney beans, pinto beans, soy beans, mung beans, garbanzo beans, azuki beans

Fish:

Deep sea fish is preferred (salmon, halibut, tuna, cod, sardines, mackerel)

No shellfish.

Preferred cooking methods are poaching, baking, steaming or broiling.

Chicken:

Eat only white meat and do not eat the skin.

The free-range or organically grown chicken should be baked, broiled or steamed

Fruit:

Eat only 1 or 2 pieces of any fruit except citrus.

Sweeteners:

Very small amounts of maple syrup, rice syrup, barley syrup and honey may be used. Absolutely no sugar, NutraSweet or any other sweetener is allowed.

Butter/Oils:

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For butter, mix together 1 pound butter and 1 cup extra virgin olive oil. Whip at room temperature and store in the refrigerator. Provides the benefits and taste of butter and essential fatty acids.

Use extra virgin olive oil for all other substitutions requiring oil.

Herbal teas and good drinking water:

Drink a minimum of 6-8 glasses of spring, bottled, filtered or reverse-osmosis filtered water every day.

If allowed, you may also choose to drink 2-4 cups of herbal tea.

For the time being, avoid the following foods:

all animal milk	all animal cheeses	eggs (organic OK)
all wheat products, including breads	white flour	citrus fruits
potatoes-red or white	tomatoes	corn products
peanuts and peanut	coffee	caffeinated tea
alcohol	sugar	NutraSweet and all sweeteners
fried foods	any processed food	meat--red meat
pork	all dried fruit	

You do not have to buy all organic vegetables. Some fruits and vegetables are more heavily sprayed with pesticides than others. Please go to the website www.ewg.org for a list of the most contaminated fruits and vegetables.