

ANTI-INFLAMMATORY DIET 2

GROCERY LIST

Choose organically grown, non-GMO and free range, wild caught where possible

ITEMS WITH * MAY AGGRIVATE ARTHRITIS

PROTEIN	BEVERAGES	VEGETABLES
<p>Organic free range/wild caught is best</p> <ul style="list-style-type: none"> — Anchovy — Beef/Bison — Chicken — Duck — Eggs — Fish — Game — Lamb — Pork — Shellfish — Turkey — Veal 	<p>No sugar/artificial sweeteners</p> <ul style="list-style-type: none"> — Almond Milk — Coconut Milk/Water — Coffee — Green Tea — Herbal Tea — Mineral Water — Rice Milk — White Tea 	<p>Fresh or Frozen</p> <ul style="list-style-type: none"> — Asparagus — Artichoke — Beet — Bok Choy — Broccoli — Brussels Sprouts — Cabbage — Carrots — Cauliflower — Celery — Cucumber — Eggplant* — Fennel — Greens — Green Beans — Kale — Lettuce — Mushrooms — Okra — Onion — Parsnips — Peppers* — Seaweed — Snap Peas — Spinach — Squash (Summer) — Squash — Tomatoes* — Turnips — Watercress — Zucchini
<p>TREATS AND SWEETS For occasional use</p> <ul style="list-style-type: none"> — Carob Powder — Cocoa Powder — Coconut Sugar — Dark Chocolate — Honey — Maple Syrup — Molasses — Palm Sugar 	<p>FRUIT Fresh or Frozen</p> <ul style="list-style-type: none"> — Apple — Apricots — Avocados — Bananas — Berries — Cherries — Cranberries — Figs — Grapefruit* — Grapes — Kiwi — Lemon/Lime — Melon — Orange* — Peaches — Pears — Pineapple — Plum — Raspberries — Strawberries — Watermelon* 	
<p>NUTS AND SEEDS (1-2 TBSP) All Except Peanuts</p>		
<p>Fats and Oils</p> <ul style="list-style-type: none"> — Clarified Butter and Ghee — Coconut Oil (Skinny & Co.) — Olive Oil (Extra Virgin) — Palm Oil — Sesame Oil — Walnut Oil 		
<p>PANTRY ITEMS</p> <ul style="list-style-type: none"> — Applesauce — Olives — Pickles — Pumpkin 	<p>WHAT TO AVOID</p> <ul style="list-style-type: none"> Additives Alcohol Artificial Flavors/Colors Trans Fats Inflammatory Grains Smoked Foods 	<ul style="list-style-type: none"> Preservatives Processed Foods Refined Sugar Refined Vegetable Oil Soda/ Candy White Potatoes
<p>SEASONINGS/FLAVORINGS</p>		
<ul style="list-style-type: none"> — Garlic — Ginger 	<ul style="list-style-type: none"> — Lemon/Lime — Mustard 	<ul style="list-style-type: none"> — Natural Herbs/Spices (All) — Salsa — Vinegar