

Name _____

Date _____

Anti-inflammatory Diet and Lifestyle Alterations

The following diet recommendations are to be followed for a period of at least 4 weeks. Keep a daily diary showing what and amount of all food and fluid intake on one side and symptoms experienced on the other. It is very important to strictly keep the diary to see how you are progressing symptom wise and find out what may be triggering some of them. The diary may show acute, not latent allergic response, so blood allergy testing may be needed.

Protein (Organic/free range) Eat ____ ounces per day Baked, Broiled, Boiled, Sautéed	Vegetables (Fresh/Frozen) Eat 4 – 6 cups per day Raw, Steamed, Broiled, Sautéed	Fruits (Fresh Organic best) Eat 2 pieces or 1 cup daily Raw, Frozen	Beverages Water FIRST	Miscellaneous See below
Beef, Veal, Bison	Asparagus	Apple (not delicious)	WATER 1 qt /50# to 3qts	HERBS/SPICES Any without sugar
Chicken, Turkey	Beet Greens	Berries	Coffee (organic only)	
Fish (cold water wild caught)	Bok Choy	Grapefruit* 1/2	Green Tea	NUTS , raw (no peanuts) Serving is 4 to 8
Game	Broccoli	Orange*	Herb Tea	
Lentils 2 cups = 2 oz	Cabbage	Pear	Black tea (occasional)	OIL 1 to 2 TBSP /day Coconut (Organic), Olive (Organic Extra Virgin), Sunflower (Organic)
Black Beans 1 3/4 cups = 2 oz	Carrots	Peach	Dairy is inflammatory so it is best not to use for 4 weeks and then add back to see if symptoms increase or come back.	
Chickpeas 1 cup = 2 oz	Cauliflower	Plum		May use Rice Dream (Original) for substitute unless allergic to rice.
Wild Rice 2 cups= 2 oz	Celery	If have painful arthritis stop items with * for one month. Reintroduce one at a time every 4 days.	Some can tolerate raw goat or even cow milk as it is easier to digest after 4 weeks.	
Eggs 1= 2 oz	Chards			
No DAIRY OR SOY Soy should not be used as it can cause hormone disruption and most is GMO	Cucumber	GRAINS are eliminated as they cause inflammation and acidify cells.	No iced beverages with meals.	SWEETENERS Stevia replaces sugar (ask for conversion chart) NO artificial chemicals. May have 1-2 tbsp pure maple syrup or unpasteurized honey on occasion if not on restricted calories or sugar
	Eggplant*			
	Fennel			
	Green Beans			
Cheese is inflammatory so it is best not to use it for 4 weeks and then add it back to see if symptoms increase or come back.	Kale	DESSERT Plain gelatin made with water, fruit juice & stevia. Add fruit if desired.		
	Lettuce (not iceberg)			
	Mushrooms			
	Onion			
Greek Yogurt may be tolerated after 4 weeks.	Peppers*			
	Spinach			
	Summer Squashes			
	Tomatoes*			
	Watercress			

LIFESTYLE ALTERATIONS: Habits of smoking and alcohol consumption should be eliminated. Exercise is necessary but must be tailored for specific needs. Adequate, recuperative sleep is imperative and stressors should be kept to a minimum. If any of these is an issue, please talk with the doctor. There are non-drug ways to help all of these issues. Your wellbeing and longevity depend on addressing any issues contributing to ill health.

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