

## **ANTI-INFLAMMATORY**

### **FOODS TO EAT**

**FRUITS:** Fresh, unsweetened, dried, frozen, canned, water-packed, diluted juices (except orange)

**VEGETABLES:** All fresh raw, steamed, sautéed, juiced, or roasted

**STARCH:** Rice, millet, quinoa, amaranth, teff, tapioca, buckwheat, potatoes

**BREAD/CEREAL:** Products made from rice, buckwheat, millet, potatoe flour, tapioca, arrowroot, amaranth, quinoa (Alert: amaranth and millet may contain oats and corn!)

**LEGUMES:** All legumes including peas and lentils (except soybeans)

**NUTS/SEEDS:** Almonds, cashews, pecans, walnuts, sesame/tahini, sunflower, pumpkin, nut butters (except peanut)

**MEAT/FISH:** All fresh and frozen fish, chicken, turkey, wild game, lamb, canned, water packed wild fish

**DAIRY PRODUCTS:** Rice milk, almond milk, coconut milk, or other nut milks

**FATS:** Oils: cold-pressed olive, flaxseed oil, safflower, sunflower, walnut, pumpkin, almond, coconut oil

**BEVERAGES:** Filtered or distilled water, herbal teas, seltzer or mineral water

**SPICES/CONDIMENTS:** Apple cider or rice vinegar, all spices- cayenne, Himalayan salt, cinnamon, turmeric, garlic, ginger, oregano, parsley, basil mustard, thyme, rosemary, mustard...

**SWEETENERS:** Brown rice syrup, fruit sweeteners, unsulfured blackstrap molasses, stevia, agave nectar