

ANTI-INFLAMMATORY DIET

FOODS TO AVOID

FRUIT: Oranges, Orange juice

VEGETABLES: Corn, any creamed vegetable

Nightshade: (optional) white potatoes, tomatoes, eggplant, peppers

Wheat

STARCH: Wheat, corn, barley, spelt, kamut, oats, rye, all gluten

BREAD/CEREAL: Made from wheat, barley, rye, oats, spelt, kamut

LEGUMES: Tofu, tempeh, soybean, soymilk

NUTS/SEEDS: peanuts, peanut butter

MEATS/FISH: beef, pork, cold cuts, frankfurters, sausage, canned meats (other than water packed fish), shellfish

DAIRY/MILK SUBSTITUTES: Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers, soy milk, eggs

FATS: Margarine, butter, shortening, processed and hydrogenated oils, mayonnaise, spreads, palm oil, poultry skin, deep fried foods, (chips, donuts)

BEVERAGES: Soda, diet soda, sports beverages, soft drinks and mixes, alcoholic beverages, coffee, black tea, other caffeinated beverages

SPICES: chocolate, ketchup, chutney, soy sauce, BBQ sauce, bottled mustard

SWEETENERS: White or brown refined sugar, honey, maple syrup, corn syrup, high fructose corn syrup or evaporated cane juice

OTHER: Processed foods and baking soda containing corn starch