

A collage of various fresh foods including fruits, vegetables, meats, and grains. The background is a dark green with a faint pattern of leaves. The text 'Uses' is in a white, cursive font, 'FOOD' is in a bold, yellow, sans-serif font, and 'LIST' is in a bold, green, sans-serif font on a white, torn-paper-like background.

Uses FOOD LIST

A Complete Anti-Inflammatory Food List

"YES" FOOD LIST

A COMPLETE ANTI-INFLAMMATORY FOOD LIST

IMPORTANT REMINDERS

- * Don't stuff. Don't starve.
- * Keep sugar intake to LESS THAN 20 grams DAILY. (Count anything that has a label!)
- * Keep to plate method. (For portion suggestions - see plate method diagram.)
- * Be mindful of portion sizes!
- * Choose 100% organic, especially when undergoing the "detox-phase".
- * Check labels to AVOID hydrogenated oils, high-fructose corn syrup, MSG, carrageenan and sulfites.



PROTEIN

NON-STARCHY VEGGIES

COMPLEX CARBS

FRUITS

BEST CHOICE: Look for words like 100% grass-fed, pastured, wild-caught, and organic on the label.

Beef Lean turkey
Chicken Wild game

**Limit FISH to 6-12oz/week of low-mercury choices:*

Wild Salmon Wild Cod
Wild Sardines Wild Flounder
Rainbow trout Wild Snapper
Fresh Coho Mahi Mahi
Salmon Anchovies
Pacific Halibut

VEGAN PROTEINS:

Hemp hearts Sprouted lentils
Veggie Burgers (limit other
(gluten/soy free) legumes unless
Plant-based no digestive
Protein or Detox issues)
Powder (soy/ Sprouted
dairy free) legumes
Quinoa

Nightshade veggies should be avoided if you suffer from "chronic joint pain", otherwise allowed.

NIGHTSHADES:

Eggplant Cayenne pepper
Tomatoes Paprika
Bell Peppers

ALL VEGGIES:

Artichokes Greens (all of
Asparagus them)
Bok Choy Leeks
Broccoli/ Lettuce (all
Brocolini kinds)
Broccoli rabe Mushroom
Brussels sprouts Okra
Cabbage Onion
Carrots (raw) Radish
Cauliflower Shallots
Celery Snow peas
Collard greens Sugar snap peas
Cucumber Spaghetti
Endive squash
Fennel Zucchini
Green beans Above Frozen
Veggies

For weight loss: Limit CARBS to 2s/day

STARCHY VEGGIES:

Beets
English peas
Sweet potato
Parsnips
Turnips
Winter squash
Cooked carrots
Plantains
Yucca
Cassava

GLUTEN-FREE GRAINS:

Quinoa
Wild rice
Sprouted, Gluten-free bread

*For weight loss: Limit FRUITS to 2s/day
Opt for lower-sugar fruits from the following list.*

Apples Mango
Apricots Melon
Bananas Nectarines
Blackberries Papaya
Blueberries Peaches
Cherries Pears
Dates Pineapple
Figs Plum
Grapes Pomegranate
Grapefruit Raspberries
Jicama Strawberries
Kiwi Watermelon
Lemon Frozen Fruit
Lime

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FATS

Careful not to indulge too much on nuts/seeds!

NUTS/SEEDS & BUTTERS):

Almonds	Pumpkin seeds
Brazil nuts	Sunflower seeds
Hazelnuts	Sesame seeds
Walnuts	Flax
Pecans	Chia
Macadamia	Hemp hearts

FATS/OILS:

Avocado	Ghee
Olives	Extra-virgin coconut oil
Olive	Extra-virgin olive oil
Tampanade	Sesame oil
Coconut butter	Walnut oil
Coconut milk/cream	
Kerrygold grass-fed butter	

PANTRY & SWEETENERS

NUTS/SEEDS & BUTTERS):

Almond flour	Mustard
Coconut flour	Pickled or Fermented veggies
Canned wild salmon	Apple cider vinegar
Capers	Bone broth
Coconut aminos	
Fish sauce	
Hot sauce	

FATS/OILS:

Stevia	Lo han
Monk fruit	

LIMIT:

Raw, Local or Manuka honey	Coconut nectar
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DRINKS

Fresh vegetable juices
 Mineral water
 Apple cider drink
 Kombucha
 Coconut kefir
 Herbal teas
 Green tea

SEASONINGS

All FRESH or dried herbs and spices. Preferably organic!	Pink Himalayan Sea Salt Peppercorns
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EXTRAS

Choose organic

100% Cocoa powder	Maca powder
Bee Pollen	Seamoss
Greens powder	Royal Jelly

