



## Anti-Inflammatory Diet

Adapted from diet developed by Dr. Amy Chadwick, ND, owner of Soaring Crane Natural Health Center, LLC. in Palmer 745-3999

For more information about the Anti-Inflammatory Diet, get a copy of

**“The Anti-Inflammation Diet and Recipe Book: Protect Yourself and Your Family from Heart Disease, Arthritis, Diabetes, Allergies - and More, by Jessica K. Black** (this book is available at Amy Chadwick’s office).

Eating fresh, clean, and organic food has a powerful effect on our health! Eliminating processed and chemically ridden foods enhances intracellular communication which allows our bodies to function optimally. In other words, a healthy diet will decrease the harmful effects of excessive inflammation while giving the body the ability to respond appropriately to insults from bacteria, viruses and/or injury.

Eating an anti-inflammatory diet is the first step in living a life of health.

### Basic Steps to Healthy Eating

1. Eat organic foods when possible
2. Eat unprocessed foods that grew in the ground or once walked the earth.
3. Enjoy your food! Take your time! Sit down and relax while you eat.
4. Enjoy cooking, smelling, and chewing your food.
5. Remember to be thankful for the food in front of you.

### The Specifics:

#### Vegetables

✓ Vegetables should always comprise the bulk of your meals. Eat a variety of colors and textures.

Some examples of great vegetables **TO EAT**:

Asparagus	Bean Sprouts	Beat Greens	Broccoli
Red&Green Cabbage	Mustard Greens	Parsley	Radish
Spinach	Cauliflower	Celery	Swiss Chard
Cucumber	Lettuce(red, green, romaine)	Watercress	String Beans
Beets	Bok Choy	Brussel Sprouts	Chives
Collards	Eggplant	Kale	Leeks
Kohlrabi	Onions	Red Pepper	Pumpkin
Rutabagas	Turnip	Zucchini	Artichoke
Parsnip	Green Peas	Squash	Carrots
Yam (in small Amounts)			

Vegetables that increase inflammation should be **AVOIDED**:

√ Potatoes, Tomatoes and Corn

\*Note that eggplant and peppers are members of the nightshade family along with potatoes and tomatoes. Some people may experience problems with these vegetables as well. Pay attention to your body.

### Grains

Eat one or two cups of cooked grains per day unless you are overweight, have high blood pressure, high cholesterol or diabetes. Your doctor will specify changes for these conditions.

√ Grains **TO EAT**: amaranth, barley, buckwheat, millet, quinoa, basmati or brown rice, teff

√ Grains to **AVOID**: all wheat or gluten containing grains. (wheat, spelt, rye oats, kamut)

**We recommend you soak your grains at least over-night** – this starts to pre-digest grains and reduces “anti-nutrients” that interfere with your body’s digestion and absorption process. It’s best to soak grains with something acidic – like a little raw apple cider vinegar or a squeeze of lemon. You can also use yogurt or kefir along with the soak water. See “Nourishing Traditions” by Sally Fallon and Mary Enig for more information on soaking grains.

### Legumes

Eat a variety of legumes (beans) that you enjoy and are able to tolerate. Soak dry beans in water with ginger, or a little vinegar for 48-72 hours. Rinse well and cook slowly. This will break down the protein covering the legume and will improve digestion and minimize gas.

Split peas

Lentils

Kidney beans

Pinto beans

Fermented soy (tempeh or Miso)

Mung beans

Garbanzo beans

Azuki & Azuki beans

### Fish

√ Poach, bakes, steam, or broil wild fish, especially **salmon and halibut**. (Cod, haddock, Pollock, sardines, sole, flounder are all ok.)

√ **AVOID** Shellfish (shrimp, lobster, crab, clam, oyster)

### Meat

√ Enjoy **organic, free-range** chicken, turkey, beef, buffalo, lamb or **wild game** (moose, caribou, sheep)

√ Organic and grass-fed meats are high in healthy fats and low in fats that increase inflammation.

### Fruit

√ Eat only 1 or 2 pieces of practically any fruit, except citrus. It is preferable to eat fruit baked.

√ Berries are great in a morning smoothie and are rich in antioxidants and heart healthy nutrients.

### Seeds and Nuts

√ Grind flax, pumpkin, sesame or sunflower seeds and add to steamed vegetables or cooked grains.

√ Nut and seed butters are great source of protein and make great mid-day snacks.

√ Raw nuts also can be eaten as a snack or added to salad, vegetables or stir-fry.

√ **AVOID** peanuts/peanut butter.

### Butter/Oils

√ Mix 1 pound of **organic** butter, 1 cup of organic extra virgin cold pressed olive (or flax oil) and 2 tbsps. Water. Whip at room temperature and store in the refrigerator. Now, you have a “spreadable” butter.

√ Use organic extra virgin cold pressed olive oil or extra virgin coconut oil for cooking or dressings.

## Spices

√ Enjoy whatever spices you like. Spices add flavor and interest to your food. Play with spices. For example, try nutmeg on vegetables, cinnamon on your grains, garlic, onions and ginger with meats or vegetables.

## Sweeteners

Occasionally: Organic Maple Syrup, Rice Syrup, Barley Syrup, Agave Nectar, Organic Molasses, Raw Honey or Stevia

Only eat sweeteners with meals.

Avoid **all** Sugar, corn syrup, and artificial sweeteners such as NutraSweet/Aspartame, Splenda or Sweet and Low.

## To Drink

Nourish yourself with 6 to 8 glasses of filtered water every day. Drink ½ your body weight in ounces of water daily. Sip the water, trying to drink approximately 1 glass an hour.

Small amounts of soy, rice or oat milk are o.k. for cooking or for using in a smoothie.

Herbal teas, green teas, red teas are all OK. .

**AVOID** Coffee, black tea and fruit juices.

## For the time being, avoid the following foods:

*All animal milks and cheese	All corn products	Commercial eggs(organic ok)
Potatoes – red or white	Tomatoes	All Wheat Products
Citrus fruits	Fruit juices	Dried Fruit
Peanuts/Peanut butter	All processed foods	Fried Foods
Non-organic, grain fed meat	Caffeinated teas, coffee	Alcohol
All sodas	All energy drinks	

We also recommend avoiding in most forms, including tofu, soymilk, soy cheeses etc. Fermented soy, like miso, is OK. If you are switching from dairy, it is better to use rice milk or some kind of nut milk instead of soy milk. Read “The Whole Soy Story” by Dr. Kaayla Daniel to learn more or visit

<http://www.wholesoystory.com/>

Unfermented, uncooked soy is very difficult for the digestive system to process.

\*After eliminating Dairy for 6 weeks, if you can find a source of raw cow’s milk or goat’s milk (or raw cheese) you can try adding this in small amounts to see if you can tolerate it. Fermented dairy products such as yogurt or kefir may also be alright for your body. **Ask us about resources for raw goat’s milk, raw cow’s milk and locally produced eggs.**

## For more resources visit:

[www.WestonAPrice.org](http://www.WestonAPrice.org)

[www.Mercola.com](http://www.Mercola.com)

[www.AlaskaAcupuncture.com](http://www.AlaskaAcupuncture.com)

[www.WildFermentation.com](http://www.WildFermentation.com)

[www.BodyEcology.com](http://www.BodyEcology.com)