



*Foods to reduce
inflammation*

FOODS TO AVOID

LIST OF FOODS THAT ARE KNOWN TO INCREASE INFLAMMATION

GRAINS

AMERANTH
BARLEY
BUCKWHEAT
BULGUR
CORN
FARRO
KAMUT
MILLET
OATS
QUINOA
RICE
RYE
SORGHUM
SPELT
TEFF
WHEAT

BEANS & LEGUMES

ADZUKI BEANS
BLACK BEANS
BLACK-EYE PEAS
CHICKPEAS
FAVA BEANS
LENTILS
LIMA BEANS
PEANUTS
KIDNEY BEANS
SOY BEANS

NIGHTSHADES*

CAYENNE
CHILI PEPPER
EGGPLANT
GOJI BERRY
GROUND CHERRY
HABANERO
JALEPENO
PAPRIKA
POBLANO
POTATO
SWEET PEPPER
TOBACCO
TOMATO
TOMATILLO
WOLF BERRIES

SEEDS*

ANISE
CANOLA
CARAWAY
CHIA
CORIANDER
CUMIN
FENNEL SEED
FENUGREEK
MUSTARD
NUTMEG
POPPY
PUMPKIN
SESAME
SUNFLOWER
HEMP

NUTS

ALMOND
BRAZIL
COFFEE
COCOA
HAZELNUT
PECAN
MACADAMIA
WALNUT

EGGS

CHICKEN
DUCK
GOOSE

DAIRY

BUTTER
CHEESE
CREAM
CREAM CHEESE
GHEE
MILK
YOGHURT

OTHER

ALCOHOL
NSAID'S
ASPIRIN
IBUPROFEN
NAPROXEN
STARCHY VEG
CHOCOLATE
PROCESSED MEATS
REFINED SUGAR
PACKAGED FOODS
FRIED FOODS
ARTIFICIAL ADDITIVES

*Nightshades/Seeds are only inflammatory to those with Autoimmune, digestive disorders, allergies/sensitivities

FOODS TO INCLUDE

LIST OF FOODS THAT ARE KNOWN TO REDUCE INFLAMMATION

VEGETABLES

ARTICHOKE
ARUGULA
ASPARAGUS
BOK CHOI
BROCOLLI
BRUSSEL SPROUT
CABBAGE
CAULIFLOWER
CELERY
CHARD
COLLARD GREEN
CUCUMBER
FENNEL
GREEN BEAN
KALE
LEAK

FRUIT

APPLE
APRICOT
AVOCADO
BANANA
BLACKBERRY
ROCKMELON
CHERRY
CLEMENTINE
COCONUT
DATES
FIG
GRAPE
GRAPEFRUIT
GUAVA
HUCKLEBERRY
HONEYDEW

FRUIT

KIWI
LEMON
LIME
MANGO
MARLON BERRY
NECTARINE
ORANGE
PAPAYA
PEACH
PEAR
PESIMMON
PLUM
PINEAPPLE
RASPBERRY
STRAWBERRY
WATERMELON

HERBS

BASIL
BAY LEAVES
CHAMOMILE
CHIVES
CORIANDER
LEMONGRASS
MARJORAM
MINT
PARSLEY
PEPPERMINT
ROSEMARY
SAGE
SPEARMINT
TARRAGON
THYME

VEGETABLES

LETTUCE
MUSHROOM
RHUBARB
SNAP-PEA
SPINACH
SQUASH
WATERCRESS

ROOTS

BEETS
CARROT
CELERIAC
ONION
PARSNIP
TURNIP
RADISH
SHALLOT
SWEET POTATO
YAM

MEATS

BEEF
BUFFALO
LAMB
FISH
SHELLFISH
CHICKEN
TURKEY
DUCK
PORK
RABBIT
VENISON

FATS

ANIMAL FAT
AVOCADO OIL
COCONUT OIL
DUCK FAT
LARD
OLIVE OIL
PALM OIL
TALLOW

FOODS TO INCLUDE

LIST OF FOODS THAT ARE KNOWN TO REDUCE INFLAMMATION

PANTRY ITEMS

APPLE CIDER VINEGAR
ANCHOVIES
ARROWROOT
COCONUT FLOUR
COCONUT FLAKES
COCONUT AMINOS
DRIED FRUIT
OLIVES
SALMON
SARDINES
TUNA
VINEGAR

SPICES

BLACK PEPPER
CINNAMON
CLOVE
GARLIC
GINGER
SAFFRON
SEA SALT
TURMERIC
SEA SALT
SHALLOTS

FERMENTS

SAUERKRAUT
FERMENTED
VEGETABLES
KOMBUCHA
WATER KEFIR

OFFAL

KIDNEY
LIVER
HEART
BONE BROTH

OTHER

WATER

NOTES

MAKING FOOD CHANGES ARE CHALLENGING, TAKE BABY STEPS.

WORK ON INCREASING THE FOODS THAT REDUCE INFLAMMATION FIRST AND INCORPORATE AS MUCH OF THEM AS YOU POSSIBLY CAN AND CONTINUALLY INCREASE.

CREATE AND PLAY WITH ALL THE FOODS IN THE 'TO INCLUDE' CATEGORIES.

WHEN IT COMES TO ELIMINATION, LOOK AT A CATEGORY OF FOODS AND SEE WHICH FIRST STEPS YOU CAN TAKE IN A POSITIVE DIRECTION, START WITH EITHER REMOVING A WHOLE CATEGORY OR HALF FROM A CATEGORY AND EVERY WEEK REDUCE SOME MORE.

BIG TICKET ITEMS LIKE SUGAR, ALCOHOL, GLUTEN, DAIRY SHOULD DEFINITELY HAVE A STAGED APPROACH, TO NOT WIPE YOU OUT AND MAKE YOU FEEL DEFEATED, BUT WITH AN END GOAL OF SLOWLY REDUCING AND THEN COMPLETE ELIMINATION.

ABSTAINING FROM INFLAMMATORY ITEMS FOR A MINIMUM OF THREE MONTHS GIVES BEST RESULTS, THEN REVIEW WHAT FELT GOOD AND MAKE A PLAN THAT FITS YOU FOR LONGEVITY!