

Anti-Inflammatory Diet

Foods to Include in the Diet

barley
buckwheat
dark leafy greens (Swiss chard, collard greens, kale, spinach, beet tops, parsley)
green drinks: fresh vegetable juice, green superfood concentrates)
fish (anchovies, bluefish, halibut, herring, lake trout, mackerel, salmon, sardines, shark, sturgeon, albacore and blue fin tuna)
flaxseeds
fruit (limit citrus), especially fresh pineapple – a natural anti-inflammatory
legumes
millet
oats
vegetables, (especially tomatoes, which are high in lycopenes - a natural anti-inflammatory) high in antioxidants for healing.

Foods to Avoid in the Diet

alcohol
aspartame (NutraSweet)
butter
caffeine
carbonated beverages (kill enzymes)
citrus (limit to 2 / day)
coffee
dairy products
meat (especially red meats)
monosodium glutamate (MSG)
nuts (except almonds and walnuts)
parmesan cheese
sugar, (white, brown)
tea (caffeinated)
white flours (English muffins, enriched white flour, French bread, bagels, instant oatmeal)

Oils to Include in the Diet

black current
borage
flaxseed
olive
primrose

Oils to Avoid in the Diet

hydrogenated oils (mostly found in processed and baked goods)
margarines
corn oil
shortening and lard