

Back to Balance Natural Healing Center

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ANTI-INFLAMMATORY DIET

	Foods to Include	Foods to Exclude
Fruits	Fresh, unsweetened, frozen or canned water packed fruits	Fruit juices
Vegetables	All raw or steamed, fresh, juiced or roasted vegetables except those listed at right	Corn, white potatoes, creamed vegetables, tomatoes and their sauces, including seasonings, steak sauce and ketchup, meatloaf, baked beans, gravies and salad dressings that contain tomatoes; no peppers including red, green, yellow, jalapeno, chili, cayenne, curry, pimentos and paprika
Starch	Rice, millet, quinoa, amaranth, tapioca, buckwheat, sweet potatoes	Wheat, corn, barley, spelt, kamut, rye; avoid any product containing gluten
Bread/cereal	Products made from rice, buckwheat, tapioca, arrowroot, amaranth, quinoa	Products made from wheat, spelt, kamut, rye or barley
Legumes (vegetable protein)	All legumes including peas and lentils but no soy beans	Tofu, tempeh, soybeans, soy milk and any product made from soy (watch out for protein bars!)
Nuts and seeds	Almonds, cashews, walnuts, sesame (tahini), sunflower, pumpkin, nut butters (except peanut butter)	Peanuts, peanut butter
Meat and fish	All fresh and frozen fish, chicken, turkey, wild game, lamb; canned and water packed fish	Beef, pork, frankfurters, sausage that isn't 100% chicken or turkey, canned meats (other than water packed fish), shellfish
Dairy	Milk substitutes such as rice milk, almond milk and hemp milk	Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers, soy milk, eggs
Fats	Oils; cold pressed olive, flaxseed, sunflower, sesame, walnut, or almond	Margarine, butter, shortening, processed and hydrogenated oils, mayonnaise, spreads
Beverages	Filtered water, decaffeinated herbal teas, seltzer, mineral waters	Soda, alcohol, coffee, tea, caffeinated beverages in general, including guarana
Spices and condiments	Vinegar; all spices including salt, pepper, cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon etc	Chocolate, ketchup, relish, chutney, soy sauce, BBQ sauce
Sweeteners	Brown rice syrup, fruit sweeteners, blackstrap molasses, stevia	White or brown sugar, honey, maple syrup, corn syrup, high fructose corn syrup