

Anti-Inflammatory Diet

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This dietary approach has been most helpful in patients who complain of fatigue, recurrent gastro-intestinal problems, especially diarrhea, food intolerance or sensitivity, chemical sensitivities, chronic headaches, muscle and joint pain of unknown etiology, high blood pressure, high blood sugar, and excessive weight. The diet is low-dairy, low fat, gluten-free, and is usually well tolerated

FOOD GROUP	ALLOWED	AVOID
Meat Fish Poultry Legumes	Chicken, turkey, all legumes, dried peas, lentils; cold-water fish: salmon, mackerel, cod, mahi-mahi, etc.	<u>Red meat, eggs</u> , cold cuts, frankfurters, sausage, canned meats, etc.
Dairy Products	Unsweetened plain goat yogurt.	Milk, cheese, ice cream, etc. Nothing from the cow.
Starch & Grains	Brown rice, basmati rice, millet, quinoa, amaranth, tapioca, sweet potato.	<u>All gluten</u> : wheat, corn, oats, spelt, kamut, barley, rye, etc.
Breads & Cereals	Brown rice, basmati rice, millet, quinoa, amaranth, tapioca, sweet potato.	<u>All gluten</u> : wheat, corn, oats, spelt, kamut, barley, rye, etc.
Soups	Fresh, home-made, non-tomato base soup.	Canned, dried, processed soups.
Vegetables	Most vegetables; should be fresh or frozen.	<u>Nightshade</u> : tomatoes, potatoes, eggplant, bell peppers.
Fruits	Fresh or frozen. Lemon and lime are o.k.	<u>Citrus, strawberries</u> , dried fruit.
Beverages	<u>Water</u> . Fresh fruit or vegetable juice.	No bottled, canned, or otherwise processed. <u>No alcohol, sodas, coffee, black tea, fruit drinks.</u>
Fats, Oils, Nuts	<u>Unrefined</u> : olive, flax, pumpkin, canola, walnut, sesame oils, un-salted butter. Raw organic nuts & seeds.	Margarine, shortening, peanut oil, salad dressings and spreads.
Yeast	All fresh vegetables, nuts and seeds, free-range meats and fish, low carb fruits, gluten-free grains	Packaged and processed foods in cans or boxes, <u>all sweeteners, condiments, vinegar.</u>