

GENERAL GUIDELINES for ANTI-INFLAMMATORY EATING

Foods to eat and foods to avoid

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Foods to include

- Lean, hormone free meats. Eat minimal quantities: try to eat fewer than 2 servings per week.
 - Minimize meats, especially red meat and pork.
- Fish - up to 4 times per week (wild salmon, sardines, anchovies, cold water fish).
 - Follow this link for recommendations in the SE United States: http://www.montereybayaquarium.org/cr/cr_seafoodwatch/content/media/MBA_SeafoodWatch_SoutheastGuide.pdf
- Healthy fats (cold pressed oils like olive and sesame, coconut oil, seeds, flax, fish oils, possibly nuts).
 - Avoid nuts or oils that have been heated. Try to purchase organic.
- Vegetables (asparagus, beets, broccoli, cabbage, carrots, chard, green beans, okra, spinach, summer squash, tomato, turnip, zucchini)
 - Eat LOTS of veggies. Steamed, roasted, baked, and raw. The goal is to eat the rainbow.
- Complex carbohydrates (brown rice, quinoa, gluten free-oats, amaranth, teff, pure buckwheat, sweet potatoes, pumpkin, winter squash, beans such as chickpeas, pintos, black, navy or kidney beans, and legumes like lentils and peas)
 - These give you fuel.
- Fruit in moderation (apples, apricots, berries, cantaloupe, cherries, grapefruit, grapes, kiwi, mango, melon, peaches, plums, star fruit, watermelon)
 - Fresh fruit is best. Minimize dried fruit.
- Nuts/seeds (walnuts, almonds, cashews, pumpkin seeds, flax)
 - Avoid heated, roasted or salted nuts.
- Sweeteners (honey, molasses, maple syrup)
 - Use in moderation. No more than 1 tsp per day.
- Water (1/2 body weight in ounces is minimum. Add a berry, lemon, cucumber slice, or mint to give it flavor)

Foods to avoid

- Anything artificial with a chemical name.
 - Some examples of chemicals include food dyes, additives, nitrites, BHA, BHT, TBHQ, bromates. The list is quite long.
- Sugar and sweeteners (sugar, corn sugar, HFCS, fructose, aspartame, saccharin, sucralose, sorbitol, xylitol)
 - Stevia is okay.
- Hydrogenated oils (partially hydrogenated oils, trans fats)
- White or refined foods:
 - Flours, white rice, potatoes, breads, tortillas, milk
- Specific Food Triggers/Intolerances:
 - Gluten (wheat, spelt, rye, barley, kamut, triticale)
 - Dairy/Casein (milk, dairy, lactose, lactalbumin, whey)
 - Nightshades (potatoes, peppers, eggplant, tomatoes, tobacco)
- Alcohol.

Tips for every meal and snack.

- Eat the rainbow. Emphasize variety, especially of fruits and vegetables. Aim for eating twice as many vegetables as fruits.
- Include protein at every meal or snack. For example, have one egg with fat-free refried beans for breakfast OR have seasonal fruit with seeds and nuts in milk and served like cereal for breakfast. For a snack, have an apple with pumpkin seeds or almonds. Consider prepared hard-boiled eggs with carrot sticks for a snack on-the-go.
- Emphasize complex carbohydrates when you want the 'carb'-ful feeling (beans, sweet potatoes, squash, legumes)
- Drink fluids BETWEEN meals to increase absorption of nutrients from food.
- Enjoy your food! Avoid watching tv while eating.
- Maintaining optimal glucose levels will help to stabilize mood and energy. Eat every 2-4 hours. Eat before activity.
- Choose snacks with protein and fiber. Some examples of snacks include: banana with hazelnut spread, hummus and carrot sticks, hard-boiled egg with veggie sticks, pumpkin puree with almonds and cinnamon.

Additional Tips:

- Make sure that vitamin D levels are good.
- Enough good sleep.
- Address digestive issues and specific food sensitivities.
- Make sure your vitamin B status is high enough, especially vitamin B12.
- Supplementing with a little bit of fish oil.
- Supplementing with alpha-lipoic acid at about 500 to 800 mg per day has good research behind it in diabetic neuropathy.
- Other nutritional and herbal supplements can help. Working with a practitioner to get the most specific ones for you is ideal.