

Anti-inflammatory Diet

Try to eat only the following organically grown foods for 21 days.

Steamed vegetables:

- ❖ The primary reason for using steamed vegetables is that steaming improves the utilization and/or availability of the nutrients in vegetables, and it reduces the initiating residue in the gut, allowing it to restore itself.
- ❖ Eat a variety of the vegetables that you tolerate (except tomatoes, potatoes and eggplant).
- ❖ Do not use aluminum cookware or a microwave.

Grains:

- ❖ Eat one or two cups of cooked grains per day, choosing grains that you tolerate well.
- ❖ Allowed grains are millet, basmati or brown rice, quinoa, amaranth, oatmeal, barley, buckwheat, rye, and teff.
- ❖ Other grain foods that may be eaten are rice crisps and wasa crackers.

Legumes:

- ❖ Eat a variety of the following legumes, choosing those that you tolerate well.
- ❖ Allowed legumes are split peas, lentils, kidney beans, pinto beans, soy beans, mung beans, garbanzo beans, and aduki beans.

Fish:

- ❖ Eat fish, preferably deep sea fish such as salmon, halibut, cod, sardines, tuna, and mackerel – no shellfish.
- ❖ The fish should be poached, baked, steamed, or boiled.

Chicken:

- ❖ Eat only white meat from free-range or organically grown chicken. Do not eat the skin.
- ❖ The chicken should be baked, broiled, or steamed.

Fruit:

- ❖ Eat 1 or 2 pieces of fruit (except citrus).

Sweeteners:

- ❖ Very small amounts of maple, rice, or barley syrup, agave nectar, honey, or stevia may be used.
- ❖ Absolutely no sugar, Nutrasweet, or any other sweetener is allowed.