

Pro-inflammatory Foods to Avoid

- **White sugar, honey** (unless raw, unheated, unpasteurized), **high fructose corn syrup**
 - **Partially hydrogenated oils** (the type of oil does not matter, it is the process of partial hydrogenation that makes it pro-inflammatory)
 - **Foods in the nightshade family:** eggplant, bell peppers, white potatoes (sweet potatoes are fine), tomatoes (cooked tomatoes & cooked tomato products, i.e. tomato paste & sauce – with cooking the tomatoes, the pro-inflammatory compound gets concentrated)
 - **Omega 6 essential fatty acid:** corn/corn oil, cottonseed oil, grape seed oil, peanuts/peanut oil, wheat/wheat germ, safflower oil (unless high oleic), sesame & sunflower oil, soybeans/oil
- High glycemic load diet**

Anti-inflammatory Foods

- **Foods high in Omega-3 essential fatty acid:**
 - raw almonds/almond oil, raw walnuts/oil, pumpkin seeds/oil
 - salmon, mackerel, anchovies, sardines, herring
 - green leafy vegetables, purslane
 - mung beans
 - chestnuts
- **Foods high in Quercetin:**
 - citrus, onion
- **Foods high in Rutin:**
 - apricots, buckwheat, tea
- **Foods high in anti-oxidants also help decrease inflammation:**
 - Pomegranate seeds and juice
 - tea - especially white and green tea
 - highly pigmented fruits and vegetables - especially red/purple/blue (ex. Berries) and yellow/orange/red
 - citrus fruits
 - allium family - onion, garlic, leeks, chives
 - cruciferous family - broccoli, cauliflower, cabbage, brussels sprouts
 - fresh oregano
 - legumes (with the exception of peanuts)
 - goji berries
- **Specific spices, herbs, and oils:**
 - Fresh ginger root (not dried root or dried ginger powder)
 - Fresh rosemary, fresh thyme (in food or as tea)
 - Cinnamon, clove, nutmeg, cardamom
 - Coconut/coconut oil , olive oil
 - Blue-green algae and spirulina
 - Cayenne in small amounts, turmeric, garlic

**** The more colour in the food, the better ****