

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Anti-Inflammatory Diet

This diet is designed to improving blood sugar regulation and decreasing inflammatory processes within your body that contribute to chronic disease and pain. The closer you follow this diet, the sooner your body will respond. Benefits include: feeling better, increased energy, more steady energy, weight loss is common, cravings disappear, emotional stability, improved sleep, and decreased physical discomfort.

### Food Impact

#### Foods that INCREASE inflammation

- Animal Fat
  - Severe: grain-fed beef, pork
  - Moderate: cheese, egg yolk, skinless chicken, pork, turkey
  - Minimal: grass-fed beef, wild game
- Trans-fatty acids (partially hydrogenated oils - solid at room temperature)
  - Found in crackers, cookies, chips, etc (Read labels carefully).
- Anything that increases insulin: sugar, sweets, processed grains
- Any foods allergies or food sensitivities

#### Foods that are NEUTRAL

- Egg white, other seafood, beans, nuts, seeds, other vegetables

#### Foods that DECREASE inflammation

- Cold-water fish: wild-caught salmon, sardines, herring, rainbow trout, mackerel
  - Omega-3 fish oils with a 3:1 or higher ratio of EPA: DHA
- High protein foods: chicken, eggs, soy, fish, nuts
- Bioflavonoids: citrus fruits, tropical fruits, berries, onion, garlic, parsley, spinach, sweet or red peppers, broccoli, brussel sprouts, tomatoes, beets, legumes, green tea, red wine
  - Papaya (papain) and pineapple (bromelain) eaten away from meals
- Spices: turmeric, garlic, ginger, cinnamon
- Nuts, seeds and oils: flax seed, hemp, walnut, olive oil, avocado



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## Diet Instructions

**PROTEIN:** small amounts of protein with every meal is key. The optimal serving size at any one sitting is size of your palm. Here are some recommendations:

- Fish: unlimited if unbreaded and non-fried; or see Seafood Selector at [www.oceansalive.org/eat.cfm](http://www.oceansalive.org/eat.cfm) for updated best or worst choices
- Beans & Lentils: unlimited
- Eggs: unlimited egg whites and limit yolks to 7 per week
- Fowl: limit to 4 ounces, three times per week
- Nuts: see under snacks
- Dairy: none
- Red meat: none
- Pork: none

**VEGETABLES:** eat as many as you can, aiming for 5-7 servings per day.

- Green/Dark Green Leafy/Red/Yellow/Orange vegetables: unlimited.
- Potatoes: limit to 1 serving per day
- Increase intake of garlic, onions, leeks, ginger, turmeric

**FRUIT:** all fresh fruit is allowed, emphasize those high in bioflavonoids

- Dried fruit: little to none
- Frozen fruit: ok for use
- Canned fruit: avoid, especially with heavy syrup pack
- Pineapple and papaya away from meals

**GRAINS:** Limit to complex carbohydrates

- Very limited wheat or gluten (pasta, crackers, cereals, bread, etc.). Sprouted wheat bread are okay.
- Allowed: quinoa, brown rice, oat, corn, buckwheat, millet, amaranth, teff, sorghum

**SNACKS:** all nuts should preferentially be raw and stored in the refrigerator

- Almonds, walnuts: unlimited; limit brazil nuts to 2-3 per day
- Seeds: limited
- Nut or seed butters: almond, cashew, sunflower, hazelnut, etc.
- Fresh fruit
- Whole food nut & fruit bars (e.g. Lara, Nectar, etc.)

**BEVERAGES:** optimal to get ½ your body weight in ounces of water per day

- Herbal non caffeine teas (unsweetened): unlimited
- Green tea is high in bioflavonoids: unlimited
- Fruit juices: no added sweeteners; dilute 50% with water and limit to two 6 oz glasses/day

**SWEETNERS:** no sugar, corn syrup, high fructose corn syrup, pasteurized honey, maple syrup

- Limited amounts of stevia, agave nectar, Manuka or unpasteurized honey



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