

"Hard Core" Anti-Inflammatory Food Pyramid[®]

Learn to break the sweets habit, if you have one. The only non-inflammatory sweetener is Stevia. While artificial sweeteners are not specifically inflammatory, not one of them is healthy or safe.

Sweets

Your choices here are limited. Water is always the best choice for a beverage; however, you may enjoy vegetable and fruit juices that are derived from anti-inflammatory sources. Naturally non-caffeinated herbal teas may also be enjoyed.

Beverages

Fruit is healthy! However... many fruits are actually inflammatory in nature and as such, you will need to know which to focus on eating – specifically anti-inflammatory fruits include cantaloupe (but no other melon), kiwi fruit, and avocados. *ORANGES, SWEETAPPLE, APPLES*

Fruits

Most of the foods in this group are either neutral or slightly inflammatory.

Good: Grassfed Beef, Chicken, Turkey, Eggs

Infrequently*: Yogurt, Heavy Cream, Buttermilk, Goat's Milk, Cow's Milk

Non-Fish Protein/Dairy

Beans and legumes are largely neutral and provide excellent protein, fiber and micronutrients. Five to seven servings per week are advised. In addition, sweet potatoes can be enjoyed daily. Please be aware, however, that white, yellow and red potatoes are inflammatory and should therefore be avoided.

Beans/Legumes

Some of your best anti-inflammatory powerhouses reside in this group; however, it is very important to consider actual serving amounts, especially with particular seeds and nuts, as there are a few that venture into inflammatory territory, if more than one serving is enjoyed.

Best: Almond, Pistachio, Peanut, Pecan, Hazelnut, Macadamia, Flaxseed

Good: Walnut, Cashew, Chia Seed, Sesame Seed

Infrequently*: Pepita, Sunflower Seed, Coconut Meat

Nuts/Seeds

Very few fish/seafood options are inflammatory, provided you always choose non-farm-raised varieties. If you do not currently enjoy these foods, you may wish to learn to!

Best: Wild Alaskan Salmon, Anchovies, Mackerel

Good: Crab, Lobster, Halibut, Cod, Perch, Pollock, Walleye

Infrequently*: Tuna, Shrimp, Orange Roughy, Tilapia

Fish/Seafood

Vegetables should make up at least 70% of your daily diet. You may enjoy them as often as you like and as much as you like and there is no limit on carbohydrates or type. The most anti-inflammatory of this family are the "dark green leafies" however, all vegetables are neutral at a minimum and you simply cannot beat the nutritional "bang for the buck" these foods offer.

Veggies

** Please note that infrequent foods should be limited to just one serving per day. In other words, if you have a serving of sunflower seeds, you should not have cheese in that same day.*