

# Inflammatory Foods to Avoid:

## **All Additives**

## **All Alcohol**

## **All Eggs**

## **Dairy**

Butter

Cream

Cheese

Ghee

Milk

Yogurt

## **Gluten & Grains**

Amaranth

Barley

Buckwheat

Bulger

Corn

Millet

Oats

Quinoa

Rice (all)

Sorghum

Spelt

Wheat

## **Legumes**

Black Beans

Chickpeas

Cocoa (chocolate)

Fava Beans

Kidney Beans

Lentils

Lima Beans

Peanut

Soy Beans

## **Nightshades**

Eggplant

Goji Berries

Ground Cherry

Peppers

(Bell, Chili, Paprika,

Cayenne)

Red Spices (all)

Potato

Tobacco

Tomato

## **ALL SUGAR**

(Natural sugars like honey, maple syrup & coconut sugar are ok on occasion in moderation)

## **Nuts/Seeds/**

## **Spices**

## **& some Oils**

Almond

Brazil Nut

Canola

Cashew

Chia

Coffee

Cocoa

Flax

Hazelnut

Hemp

Pecan

Pine Nuts

Pistachio

Pumpkin

Safflower

Sesame

Sunflower

Walnut

# Nourishing Foods to Include:

## Vegetables

Artichoke  
Arugula  
Asparagus  
Beets  
Broccoli  
Brussel Sprouts  
Bok Choy  
Cabbage  
Carrots  
Cauliflower  
Chard  
Cucumber  
Fennel  
Jicama  
Kale  
Leek  
Lettuce  
Mushroom  
Onion  
Parsnip  
Rutabaga  
Spinach  
Squash  
Sweet Potato

## Fruits

Apple  
Apricot  
Avocado  
Banana  
Berries  
Cherries  
Citrus  
Coconut  
Date  
Fig  
Grapes  
Kiwi  
Mango  
Melons  
Peach  
Pear  
Persimmon  
Plum  
Pineapple  
Pomegranate  
Watermelon

## Fats

Avocado Oil  
Beef Tallow  
Chicken Fat  
Coconut Oil  
Olive Oil  
Palm Oil

## Herbs & Spices

Basil  
Bay Leaf  
Chives  
Cilantro  
Cinnamon  
Dill  
Ginger  
Garlic  
Mint  
Parsley  
Peppermint  
Rosemary  
Saffron  
Sage  
Thyme  
Turmeric

## Proteins

Beef  
Bison  
Chicken  
Duck  
Fish  
Lamb  
Shellfish  
Turkey  
Venison

## Pantry

Apple Cider  
Vinegar  
Arrowroot  
Starch  
Carob  
Powder  
Cassava  
Flour  
Coconut  
Flour  
Coconut  
Sugar  
Dried Fruit  
Honey  
Tapioca  
Starch  
Tigernut  
Flour  
  
Green Tea  
Matcha  
Black Tea  
(Caffeine in  
moderation)  
Herbal Teas