

### Anti-Inflammatory Food List

Food category	Recommended Foods	Foods to Avoid
<b>FRUITS</b>	Fresh, unsweetened, dried, frozen, canned, water-packed fruits, fruits juices (except oranges)	Oranges, orange juice
<b>VEGETABLES</b>	All fresh raw, steamed, sautéed, juiced, or roasted vegetables	Corn; any creamed vegetables Optional: Some people need to eliminate nightshade vegetables such as potatoes, tomatoes, eggplant, peppers
<b>STARTCH</b>	Rice, millet, quinoa, amaranth, teff, tapioca, buckwheat, potatoes Optional: some people are ok with oats	Products made from wheat, spelt, kamut, rye or barley
<b>BREAD/CEREAL</b>	Products made from rice, buckwheat, millet, potato flour, tapioca, arrowroot, amaranth, or quinoa Food sensitivity alert: amaranth and millet flake cereals may also contain oats or corn. Many buckwheat products also contain wheat – read ingredients!	Products made from wheat, spelt, kamut, rye or barley. Optional: some patients need to eliminate potato
<b>LEGUMES (vegetable protein)</b>	All legumes including peas and lentils (except soybeans)	Tofu, tempeh, soybeans, soy milk, other soy products
<b>MEAT AND FISH (animal protein)</b>	All fresh or frozen fish, chicken turkey, wild game, lamb, canned, water-packed fish	Beef, pork, cold cuts, frankfurters, sausage, canned meats (other than water-packed fish), shellfish Optional: some patients need to eliminate eggs
<b>DAIRY PRODUCTS &amp; MILK SUBSTITUTES</b>	Milk substitutes such as unsweetened rice milk, almond milk, oat milk coconut milk, or other nut milks Egg replacer	Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers, soy milk
<b>FATS</b>	Oils: cold-pressed olive, flaxseed, organic canola, safflower, sunflower, sesame, walnut, pumpkin, almond, grapeseed	Margarine, butter, shortening, processed and hydrogenated oils, mayonnaise, spreads, palm oil, poultry skin, deep fried foods (chips, donuts)
<b>BEVERAGES</b>	Filtered or distilled water, decaffeinated herbal tea, seltzer or mineral water	Sodas, diet sodas, sports beverages, and other soft drinks and mixes, alcoholic beverages, coffee, tea, other caffeinated beverages
<b>SPICES &amp; CONDIMENTS</b>	Vinegar (except malt), all spices including salt, pepper, cinnamon, cumin, dill, garlic, ginger carob, oregano, parsley, dry mustard, rosemary, tarragon, thyme or turmeric	Chocolate, ketchup, chutney, soy sauce, BBQ sauce, bottled mustard, other condiments <b>Food sensitivity alert:</b> ketchup and other condiments may contain corn syrup
<b>SWEETENERS</b>	Brown rice syrup, fruit sweeteners, blackstrap molasses, stevia, agave nectar	White or brown refined sugar, honey, maple syrup, corn syrup, high fructose corn syrup or evaporated cane juice
<b>OTHER</b>		Processed foods & baking soda containing corn starch. Processed foods containing any of the ingredients or sweeteners to avoid.