



Eastern Center for Complementary Medicine

Anti-Inflammatory Dietary Recommendations

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It is important to recognize that the following dietary suggestions will be challenging to follow. Do not attempt to make rapid changes in your regimen. Try to gradually incorporate these concepts into your eating habits. However, there are several key concepts that should be instituted as soon as possible. They will be marked in **bold**. Also, these are merely guidelines, remember to *always listen to your body* and if you have any questions let us know.

Try to eat only organically grown foods.

Steamed vegetables:

Steamed vegetables are more easily digested and this can help increase the availability of nutrients in order to enable healing of the gastrointestinal mucosa. Minimize usage of raw vegetables. Eat a variety of vegetables (**except nightshades including tomatoes, potatoes, bell peppers and eggplants**), especially the lower carbohydrate type.

- Lower carbohydrate vegetables include asparagus, bean sprouts, **broccoli, cabbage, cauliflower**, Swiss chard, **kale**, beet greens, cucumber, endive, lettuce, **mustard greens**, radish, spinach, **watercress, arugula**, string beans, beets, **Brussels sprouts**, chives, collards, kohlrabi, leeks, onion, parsley, pumpkin, rutabagas and turnips.
- The higher carbohydrate vegetables include artichoke, parsnip, green peas, squash, carrots, yams.

Grains:

Eat 1-2 cups of cooked grains per day and avoid wheat-derived grains. Examples of allowed grains include amaranth, barley, buckwheat, millet, oatmeal, quinoa, basmati or brown rice, rye, teff.

Legumes:

Eat a variety of any legumes that you are able to tolerate. It is best to use dried organic beans, soaked overnight, then cooked to taste. Examples include split peas, lentils, kidney beans, aduki beans, mung beans, pinto beans, garbanzo beans.

Fish:

Deep-sea ocean fish (vs. farmed) is preferred. Ask the person behind the counter at the supermarket! Avoid shellfish. The best types of fish include salmon, halibut, cod, sardines, mackerel. The fish should be poached, steamed, baked or broiled (poached or steamed is best).

Poultry:

Eat only the meat and not the skin of **free-range** or **organically grown** chicken or turkey. Bake, broil or steam the poultry. Please avoid beef and **lamb**.

Fruit:

Eat 1-2 pieces of seasonal fruits **with the exception of citrus**. Like vegetables, try to eat the low carb fruits.

- Low carb fruits include: cantaloupe, rhubarb, strawberries, melons, apricot, blackberries, cranberries, papaya, peach, plum, raspberries, kiwi.
- Higher carb fruits include apple, blueberries, cherries, grapes, mango, pear, pineapple, pomegranate, banana, figs, prunes, dried fruit.

Sweeteners:

Use very small amounts of maple syrup, rice syrup, barley syrup, honey or stevia. **Do NOT use sugar, NutraSweet or any other sweetener.**

Seeds and Nuts:

Grind **organic whole flax**, pumpkin, sesame or sunflower seeds and add to steamed vegetables, cooked grains, smoothies, etc. **Consume at least 1 T whole flax or 2 T ground flax per day** to modulate inflammation and promote detoxification of harmful substances in the body. Nut and seed butters are allowed but **peanut is absolutely forbidden.**

Butter/Oils:

When cooking, do not use extra virgin olive oil. You may use oils such as coconut oil (especially for higher heat), rice bran oil, butter or ghee (clarified butter). We recommend you avoid canola oil at any temperature. Extra virgin olive oil is fine for any other situation requiring oil. Refrigerate all cooking oils.

To Drink:

Please consume a **MINIMUM** of 6 to 8 glasses of spring or reverse-osmosis water every day. We recommend you use different sources regularly. *Small amounts* of rice, oat or almond milk are allowed.

For the time being, avoid the following foods:

All animal milks	All animal cheeses	Eggs
All wheat products (including breads, white flour)		Citrus fruits, esp Oranges
Tomatoes	Potatoes	Corn products
Peanuts/peanut butter	Any processed food	All caffeinated teas
Coffee	Alcohol	Colas
	Fried foods	Sugars, NutraSweet

- Use glass or ceramics whenever possible to store food and water. Heat up your food using a glass or ceramic bowl covered with dish. When plastic is heated, it diffuses very rapidly into food.
- Use a simple detergent with less chemicals; Nature Clean is a good choice for both laundry detergent and dishwashing detergent.
- Simple Soap is a safe choice for shampoo and body soap.
- Use natural pest control not pesticides.
- Avoid Synthetic Chemicals - Healthy Living in a Toxic World by Cynthia Fincher PhD. is a good place to start.
- Buy hormone free meats to eat.
- Buy "Organic" produce, produce grown without pesticides, herbicides or synthetic fertilizer or hormones.

The very important changes to make are do NOT eat or drink out of HOT plastic. (ie: Water bottles left in the car, microwave your food in plastic) !