Anti-Inflammatory Diet

Shopping List – Food Choices

Proteins
Chicken
Turkey
Lamb
Fish
Cod
Halibut
Mackerel
Salmon
Tuna
Trout
Wild game
Dried beans
Dried peas
Lentils
Soy:
Tofu
Tempeh
Soy milk
Soy yogurt (casein-free)

Grains
Rice
Rice bread
Rice pancakes
Rice pasta
Rice cakes
Rice milk
Cream of rice
Puffed rice
Tapioca
Amaranth
Millet
Teff
Quinoa

Vegetables
Alfalfa sprouts
Artichoke
Avocado
Asparagus
Beets
Bok choy
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Daikon radish
Endive
Escarole
Green or yellow beans
Greens – mustard, turnip, chard
Jicama
Kale
Kohlrabi
Leeks
Lettuce
Mung beans
Okra
Onions
Parsnips
Radishes
Rutabaga
Sea vegetables (seaweed, kelp)
Snow peas
Spinach
Squash – summer and winter
Sweet potatoes
Taro
Turnips

Vegetables
Water chestnuts
Yams
Zucchini squash

Sweeteners
Brown rice syrup
Fruit sweetener
Molasses

Fruits
Apple
Applesauce
Apricot
Avocado
Banana
Blueberries
Cherries
Kiwi
Mango
Melon
Nectarine
Papaya
Pear
Peach
Pineapple
Plum
Prune
Raspberries
Strawberries

Nuts, Seeds, and Oils
Hazelnuts
Olive oil
Pecans
Pumpkin oil
Pumpkin seeds
Safflower oil
Sesame seed oil
Sunflower oil
Sunflower seeds
Walnut oil
Walnuts
Nut butters as allowed on list

Spice
Anise
Bay leaf
Basil
Cardamom
Celery seed
Cinnamon
Cumin dill
Dry mustard
Fennel
Garlic
Ginger
Marjoram
Oregano
Parsley
Rosemary
Saffron
Savory
Tarragon
Thyme
Turmeric
# Anti-Inflammatory Diet

## Shopping List – Food Choices

### GUIDELINES

<table>
<thead>
<tr>
<th>FOODS TO INCLUDE</th>
<th>FOODS TO EXCLUDE</th>
<th>Hidden sources of food allergens:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vegetables:</strong> raw, steamed, sautéed, juiced or baked vegetables (except those specifically prohibited)</td>
<td>Canned or creamed in casseroles, all nightshade family vegetables, including tomatoes, all potatoes (except yams and sweet potatoes), eggplant, red, green and yellow bell peppers</td>
<td>☑ Cornstarch in baking powder and processed foods</td>
</tr>
<tr>
<td><strong>Fats:</strong> olive oil, flax seed oil, cold/expeller-pressed canola, safflower, sunflower, sesame, walnut, pumpkin, almond oil, dressings made from these oils</td>
<td>Margarine, butter, shortening, processed oil, salad dressing, spreads</td>
<td>☑ Corn syrup solids or maltodextrin (corn derivative) used as a sweetener</td>
</tr>
<tr>
<td><strong>Beverages:</strong> 8 cups of filtered or distilled water per day, herbal tea</td>
<td>Soda pop, alcoholic beverages, coffee, tea, all caffeinated beverages</td>
<td>☑ Grain vinegar in ketchup and mustard</td>
</tr>
<tr>
<td><strong>Spices:</strong> cinnamon, cumin, dill, garlic, ginger, oregano parsley, rosemary, tarragon, thyme, turmeric</td>
<td>Cayenne pepper, paprika</td>
<td>☑ Oats or corn in amaranth and millet flake cereals</td>
</tr>
<tr>
<td><strong>Sweeteners:</strong> brown rice syrup, fruit sweetener, molasses</td>
<td>No white or brown refined sugar, honey, maple syrup, corn syrup, high fructose corn syrup</td>
<td></td>
</tr>
</tbody>
</table>
## Anti-Inflammatory Diet

**Shopping List – Food Choices**

### FOODS TO INCLUDE

**Fruits:** unsweetened fresh, frozen or water-packed, canned fruits, fruit juices (except those specifically prohibited)

**Starch:** non-gluten grain: brown rice, millet, quinoa, amaranth, teff, tapioca, buckwheat

**Bread/Cereal:** any made from rice, buckwheat, millet, soy, tapioca, arrowroot, amaranth, quinoa

**Meat:** all fresh fish such as halibut, salmon, cod, sole, trout; wild game, chicken, turkey, lamb

**Legumes:** all dried beans, peas, lentils

**Nuts and seeds:** almonds, cashews, walnuts, sesame (tahini), sunflower, pumpkin, and nut butters made from these seeds

**Dairy products:** milk substitutes such as rice milk, soy milk, nut milk

### FOODS TO EXCLUDE

**All citrus fruits:** oranges, grapefruit, lemon, and lime; grapes, fruit drinks, ades, dried fruits

**Wheat, corn, oats, barely, spelt, kamut, rye, and all gluten-containing products**

**All wheat, oat, spelt, kamut, rye, barely, or gluten containing products**

**Beef, pork, cold cuts, frankfurters, sausage, canned meats, eggs, shellfish**

**Peanuts, pistachios, peanut butter**

**Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamer**

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NOTE: You may continue to take nutritional supplements as recommended by Dr. Jeffrey Tucker. In some instances, you may be advised to add fiber or other supplements. I recommend UltraInflamX. A product that makes a healthy shake. As will all supplements and medications, follow the advice of your healthcare practitioner.

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NOTE: Use only purified, distilled or mineral water to mix the UltraInflamX beverages. Check with Dr. Jeffrey Tucker if you use fruit juices. They are high in fructose (fruit sugar) and may not be well tolerated. Diluted organic vegetable juices are generally preferred choices over fruit juice. Avoid fruit drinks or cocktail drinks that contain added sugar.

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NOTE: Remember to drink the recommended amount (at least 2 quarts) of plain, filtered water daily.

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NOTE: It may be necessary to reduce strenuous or prolonged exercise during part or all of the program. This may be important to allow the body to heal more efficiently without the additional burden imposed by exercise. Adequate rest and stress reduction are also important to the success of this program.