

JUSTINE HANKIN *acupuncture*

A HOME FOR WOMEN'S HEALTH

Anti-Inflammatory Diet

For your Health & Wellness



Justine Hankin, Dip.Ac., Clin. Ac. (China), BSc(Hons) Ac.

<http://www.justinehankinacupuncture.co.uk>

Source: Vivian Lord, N.D. Naturopathic Physician

1st Edition

The Anti-Inflammatory Diet.....	3
Your Diet.....	3
What to Eat	3
Steamed Vegetables.....	3
Grains.....	3
Legumes.....	4
Fish.....	4
Chicken & Turkey	4
Meat	4
Fruit	4
Sweeteners.....	4
Seeds and Nuts	4
Oils	4
Spices	5
Drink	5
What Not to Eat/Drink	5

The Anti-Inflammatory Diet

Your Diet

Try to eat as many organically-grown foods as possible, as they have about 2-5 times more nutrients than conventional foods and will decrease exposure to pesticides. There is no restriction on the amount of food you can eat. The foods listed are only examples of foods available to you on this diet. Try to compose meals of about 40% carbohydrates, 30% protein and 30% healthy fats, and try to have as much variety of foods as possible. Plan your meals ahead of time and try to find at least 5-10 recipes you enjoy!

What to Eat

Steamed Vegetables

The main reason for using steamed vegetables is that steaming improves the availability of the nutrients, allowing the GI mucosa to repair itself. Use minimal raw vegetables except as a salad. Include at least 1 green vegetable daily.

Eat a variety of any and all vegetables (except tomatoes and potatoes) that you can tolerate. It is best to try to eat mostly low-carbohydrate (3%, 6%) vegetables.

For example:

- * 3% carbs (low) - Asparagus, bean sprouts, beet greens, broccoli, red and green cabbage, cauliflower, celery, Swiss chard, cucumber, endive, lettuce (red, green, romaine), mustard greens, parsley, radish, spinach, watercress
- * 6% - String beans, beets, bok choy, Brussels sprouts, chives, collards, eggplant, kale, kohlrabi, leeks, onion, parsley, red pepper, pumpkin, rutabagas, turnips, zucchini.
- * 15% - Artichokes, parsnips, green peas, squash, carrots
- * 20% + carbs (high) – Yams

Add your favourite spices to enhance the taste of these vegetables. Add fat (olive oil, coconut oil, butter) to all vegetables to increase absorption.

Grains

Eat 1 – 2 cups of cooked grains per day of those you tolerate, unless you have indications of high insulin levels, such as being overweight, or having high blood pressure, high cholesterol or diabetes.

Allowed grains include: amaranth, buckwheat, millet, oatmeal, quinoa, basmati or brown rice, teff.

Other permitted grain foods are rice crisps and other gluten-free crackers.

Legumes

Eat a variety of any legumes that you are able to tolerate. Soak for 48 – 72 hours and cook slowly: Split peas, lentils, kidney beans, pinto beans, mung beans, garbanzo beans, and adzuki beans.

Fish

Poach, bake, steam, or broil deep-sea ocean (vs. farmed) fish. Options such as cod, haddock, halibut, sardines, sole, summer flounder, wild Pacific salmon are preferred over shellfish (shrimp, lobster, crab, clam).

Chicken & Turkey

Bake, broil or steam. Try to eat free-range or organically grown poultry.

Meat

All free-range, grass-fed animals including lamb, buffalo, venison, elk, and beef.

Fruit

Eat only 1-2 pieces of any fruit except citrus (lemons are ok). Like vegetables, try to eat mostly low- carbohydrate fruits.

For example:

- * 3% carbs (low) - Cantaloupe, rhubarb, strawberries, melons
- * 6% carbs - Apricots, blackberries, cranberries, papaya, peaches, plums, raspberries, kiwi
- * 15% carbs - Apples, blueberries, cherries, grapes, mango, pear, pineapple, pomegranate
- * 20% carbs (high) - Bananas, figs, prunes

Sweeteners

Occasionally maple syrup, rice syrup, barley syrup, raw honey or stevia – use only with meals.

No sugar, NutraSweet, or any other sweetener is allowed.

Seeds and Nuts

Add ground flax, pumpkin, sesame or sunflower seeds to steamed vegetables, cooked grains, etc. You may also eat nut and seed butters, including almond, brazil, cashew, and sesame butters.

Oils

Use extra-virgin oil for all cold uses of oil. Use coconut oil for cooking oil.

Spices

To add flavours to your food choices, add any spices you like.

Drink

A minimum of 6 - 8 glasses of spring, bottled, filtered or reverse-osmosis filtered water every day. Drink 1/2 your body weight in ounces of water daily. Sip the water; try to drink one glass per hour.

What Not to Eat/Drink

Avoid the following inflammatory foods:

Dairy - animal milks & cheeses

Eggs

All gluten products including breads and white flour

Soy

Corn

Citrus fruits - orange & grapefruit

Peanuts, peanut butter

Tomatoes

Potatoes – red and white

Eggplant, peppers (bell and hot)

Other foods to avoid:

All caffeinated teas, coffee

Any processed/fried foods

Pork, grain fed animal meats

All fruit juices and dried fruit