

While doing this diet, I also recommend:

1. take a Probiotic (acidophilus) once per day. The Nature's Way "Primadophilus Bifidus" product is one that is reputable for good quality; keep refrigerated. Make sure it's not expired.
2. do the diet for 1-2 months. I wouldn't worry about the %ages of asparagus, string beans, etc, just make sure you get a variety of the allowed foods
3. after 1-2 months add back in the different food groups one at a time, one food group per week.

**Table 1: The Anti-inflammatory Diet**

Try to eat only organically grown foods as they reportedly have 2-5x more nutrients and it will decrease exposure to pesticides. There is no restriction on the amount of food you can eat and there is no need to count calories. The foods listed are only examples of foods to eat, so experiment. Try to compose meals of approximately 40% carbohydrates, 30% protein, and 30% healthy fats. Do not eat any 1 food more than 5 times per week. Plan your meals ahead of time and try to find at least 10 recipes you enjoy.

Food Category	Foods to Eat	Foods to Avoid
<p><b>Vegetables:</b> Eat mostly lower carbohydrate vegetables in the 3% to 6% category. Steaming vegetables improves the utilization or availability of the food nutrients allowing the GI mucosa to repair itself. Use minimal raw vegetables except as a salad. Include at least 1-2 green vegetables per day.</p>	<p><b>3%:</b> Asparagus, bean sprouts, beet greens, broccoli, red and green cabbage, cauliflower, celery, Swiss chard, cucumber, endive, lettuce(green, red, romaine, mixed greens), mustard and dandelion greens, radishes, spinach, and watercress.</p> <p><b>6%:</b> String beans, beets, bok choy, brussel sprouts, chives, collards, eggplant, kale, kohlrabi, leeks, onion, parsley, red pepper, pumpkin, rutabagas, turnips, and zucchini</p> <p><b>15%:</b> Artichoke, parsnip, green peas, squash, and carrot</p> <p><b>20%+:</b> Yams and sweet potatoes</p>	<p>Tomatoes. Potatoes.</p>
<p><b>Grains:</b> Include 1-2 cups of cooked grains per day unless you have hypertension, high cholesterol, diabetes, or are overweight.</p>	<p>Amaranth, barley, buckwheat, millet, oatmeal, quinoa, basmati or brown rice, rye, and teff.</p> <p>Rice crackers and wasa crackers are also o.k.</p>	<p>All wheat products including breads, cereals, white flour, and pasta that is made from wheat.</p>
<p><b>Legumes:</b> Soak legumes overnight and cook them slowly the next day.</p>	<p>Split peas, lentils, kidney beans, pinto beans, black beans, garbanzo beans, fermented soy (tempe or miso), mung beans, and aduki beans.</p>	<p>Tofu can cause reactions in some people. Experiment with it in the diet and eliminated from the diet.</p>
<p><b>Seafood:</b> Deep sea-ocean fish are an excellent source of essential fatty acids and should be eaten 3-4 times per week.</p>	<p>Wild salmon, cod, haddock, halibut, mackerel, sardines, tuna, trout, and summer flounder. Poach, bake, or broil wild cold water fish (vs. farmed).</p>	<p>Shellfish: Shrimp, crab, lobster, and clams.</p>

<b>Food Category</b>	<b>Foods to Eat</b>	<b>Foods to Avoid</b>
<b>Meat:</b> Eating protein with every meal helps to regulate and maintain steady blood sugar and energy.	Eat only the meat and not the skin of organic or free-range chicken and turkey. Wild game, venison, elk, and lamb are also fine.	Beef Pork. Some organic beef is o.k. in small amounts
<b>Spices</b>	Add any favorite spice to enhance the flavor of your food	
<b>Fruit:</b> Eat only 1-2 pieces of practically any fruit per day. If possible, it is best to eat the fruit baked such as a baked apple or pear. Try to eat mostly fruit from the lower 3% and 6% carbohydrate category.	<b>3%:</b> Cantaloupe, rhubarb, melons, and strawberries <b>6%:</b> Apricot, blackberries, cranberries, papaya, peach, plum, raspberries, and kiwi <b>15%:</b> Apple, blueberries, cherries, grapes, pear, pineapple, pomegranate <b>20%:</b> banana, figs, and prunes	Citrus fruits. Lemon is o.k.
<b>Sweeteners:</b> Use sweeteners only occasionally	Pure maple syrup, brown rice syrup, raw honey, or stevia.	Absolutely no sugar, nutra-sweet, or any other sweetener is allowed.
<b>Butter and oils</b>	Mix 1 lb. organic butter with 1 cup extra virgin olive oil to use as a spread. Store in refrigerator. Use olive oil for cooking, coconut oil only for baking, and nut or seed oils for salads.	
<b>Dairy</b>	Small amount of organic butter is o.k. Organic eggs are o.k.	Dairy products including cheese, animal milks, and commercial eggs.
<b>Nuts and seeds</b>	Grind flax, pumpkin, sesame, or sunflower seeds and add to steamed vegetables, cooked grains, etc... Most nuts and seeds are o.k. including nut butters.	Peanuts and peanut butter.
<b>Drinks</b>	Minimum of 1/2 your weight in ounces per day of filtered <b>WATER</b> . A small amount of rice, oat, almond, or soy milk is o.k. Herbal teas can be great coffee and juice substitutes.	Coffee, soda, juice, caffeinated teas, or alcohol.
<b>Miscellaneous</b>		Corn products. Hydrogenated oils. Processed foods. Fried foods.