

409 Fulton Street, 2nd Floor Brooklyn, NY 11201 Phone: (718) 260-1000 ext 10 Fax: (718) 260-0072 info@physiologicnyc.com

Anti-inflammatory Food List

PROTEINS

- MEATS: You can't go wrong with grass-fed, organic, free-range, hormone free animal proteins
- No lunch meat or cured meats (due to chemicals and preservatives)
- **SEAFOOD** (no more than 2x/week): Wild Alaskan Salmon is best. Other acceptable options include sardines, anchovies, and herring.
- OTHER PROTEINS: Quinoa, Legumes
- NUTS & SEEDS: Almonds, pecans, walnuts (whole or halves), flax seed, chia seed, hemp seed, etc., raw is best
- Natural nut butters where oil rises to the topavoid commercial brands (containing hydrogenated oils and sugar), almond and cashew butter are great options.
- *Note: Make sure you get **adequate protein** each day. At least 2 servings the size of deck of cards is appropriate for most.

DAIRY: (PROTEIN AND FAT)

- Replace cow's milk with rice, almond, coconut, hemp or cashew milk
- Free range or organic eggs (6-8 per week)
- Organic, cultured butter from grass fed cows (NO MARGARINE!!)
- Rice, almond, or coconut products

FATS

- Organic, cultured butter from grass fed cows (NO MARGARINE, IT'S HYDROGENATED!)
- Fresh Flaxseed oil, chia seed, hemp seed
- Olive oil, cold pressed
- Grapeseed oil
- Avocado
- Coconut products- milk, cream, oil
- Quality omega-3 oils/ micro algae

VEGETABLES (at least 4 servings per day)

- Raw or steamed vegetables, preferably organic veggies, 3-5 servings per day- Green leafy vegetables are BEST
- All homemade soups or frozen soups from the health food store
- Limit starchy veggies (potatoes, yams, corn, squash, peas) no more than <u>5 times per week</u>.

- SALADS: Raw vegetable salads
- Salad dressing use any cold pressed oil with apple cider vinegar or lemon juice, try homemade or Haines brand, cold pressed, mayonnaise), Italian dressings made with fresh (preferably organic) ingredients, Amy's Naturals brand is good. Avoid dressings that contain any soy

CONDIMENTS

- Natural herbs and spices, Sea Salt
- Apple cider vinegar, lemon juice, or rice vinegar Mustard, health food store brands will typically have less sugar.

GRAINS (Limited quantities ONLY):

- Brown or wild rice, quinoa, millet, buckwheat, teff, amaranth, lentils
- Steel cut oats- certified gluten-free
- Gluten free substitute products:
 - Brown rice or quinoa cereals, pastas, crackers

FRUITS (1-2 servings per day):

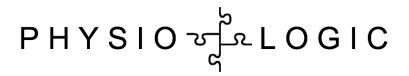
- Fresh, organically grown fruits
- Fresh fruit or vegetable juices
- Apples, oranges, grapefruit and berries are best (low-glycemic)
- Note: Only 1-2 servings per day

NATURAL SWEETENERS: Limit amounts of the following:

- Stevia
- Organic Raw Honey
- Pure Organic Maple Syrup
- Fresh Fruit
- Xylitol

BEVERAGES

- Organic, herbal teas
- Organic Coffee
- Lemon water with or without powdered white stevia to taste



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 Avoid tap water, drink filtered water- Half your body weight in ounces per day.

DESSERTS - OCCASIONALLY

- Fresh fruit with almond or Greek yogurt and raw honey
- Brown rice pudding made with raw honey or powdered stevia, and rice milk or almond milk
- Sorbet made from fresh fruit, no added sugar/fructose

SNACKS/TREATS FOR KIDS (also see DESSERTS)

- Popsicles for children (use natural fruit juices)
- Fresh fruit
- Gluten free crackers (NO HYDROGENATED OILS!!)
- Homemade trail mix- Easily made gluten free
- Almond butter on carrots or celery