

NUTRITIONAL RECOMMENDATIONS FOR INFLAMMATION AND PAIN

ABSTAIN FROM:

Animal meat - (e.g. Beef, lamb, pork, organ meats, shellfish, etc.) Other than cold water fish.

Animal fat/oil - (e.g. Lard, butter, etc.)

Trans fats - (margarine, partially hydrogenated oil/fat, fried food).

Dairy products - (e.g. Milk, cream, sour cream, whey, butter, cheese, cottage cheese, yogurt, frozen yogurt, ice cream, etc.).

Simple carbohydrates - (e.g. Table sugar, brown sugar, cane sugar, beet sugar, molasses, fruit juice concentrate sweetener, honey, corn syrup, maple syrup, brown rice syrup, barley malt, generally all desserts and candy and processed snack foods, many microwave-ready processed meals, breakfast cereals, etc.)

Salt and salty foods, limit to 1000 mg - (e.g. Salted potato chips, salted corn chips, salted crackers, salted nuts, salted seeds, salted popcorn, most processed foods such as microwave-ready meals and "cup" foods and canned foods, sardines, anchovies, cheese, ham, luncheon meats, hot dogs, sausage, bacon lox, pickled or cured foods, sauerkraut, kim-chee, miso soup, regular soy sauce, MSG, Chinese food, "fast food", soft water, etc.)

Alcohol, tobacco, caffeine - (including coffee, tea other than herbal, soft drinks, chocolate).
Common intolerance or allergenic foods - wheat, corn, dairy products, eggs, citrus fruit, strawberry, sulfured dried fruit, wine, restaurant salad bar foods, shellfish, shrimp, prawns, lobster, crab, pork peanut, chocolate, coffee, tomatoes, potatoes, red & green & chili peppers, eggplant, yeast.

EAT MOSTLY: (Rotate and vary foods as much as possible)

Raw organically grown vegetables and fruits - (except sweetened fruit juices).

Whole organically grown grains, including breads and pastas except wheat and corn).

Raw unsalted seeds and nuts - (except peanuts).

High omega-3 content fish

Garlic, onion, green onion, ginger and leek in or with meals as often as possible.

Essential fatty acids.