

Foods to AVOID

French Fries

Foods high in saturated fat

Soda

Added sugars or Aspartame (sugar substitute)

Refined Flour

White bread, crackers, rolls, instant potatoes

Hot Dogs

Processed Meats: hotdogs, smoked meats, luncheon meats

Fried Foods

Fried chicken and other fried foods

Salad Dressing

Omega 6 Oils (safflower, sunflower, vegetable). Not to be confused with omega 3 fatty acids which are good for you.

Ice Cream

Dairy Products may inhibit digestion and clog arteries

Lard

bacon, ham, pork products

Meat

from grain fed animals; grass fed livestock is better

Sugar

white sugar, high fructose corn syrup (also Agave)

Alcohol

High alcohol consumption (more than 1 drink per day)

Chips

High Sodium. Salted Potato, nut or legume chips.

Trans Fat

Partially hydrogenated oils

Additives

candy, processed foods. All natural foods are best.

Peanuts (has allergens)

Packed Juices

pasteurization kills the benefits of the fruit juice

YOU CAN CONTROL INFLAMMATION

Foods to EAT

Pineapple

Stops blood platelets buildup

Coconut Oil

Fights bacteria & parasites

Berries

(Antioxidants)
Fresh Blueberries, strawberries, raspberries

Swiss Chard

Powerful green leafy vegetable

Bone Broth

glutamine & collagen

Garlic (antiviral) fights

bacteria

Spinach

Vitamins E, C & K

Wild Salmon

High in omega-3 fats

Olive Oil

Reduces joint inflammation

Black Beans

High in fiber & iron

Beets (with betalain)

Cherries

Turmeric (curcumin)

Good for dry rubs, soups and smoothies

Dark Chocolate

(bitter; insulin resistance)

Green Tea

Lowers risk of cancer

Ginger (pain relief)

Flaxseed (Healthy)

use in salads, smoothies & baked goods

Water

Drink half your body weight in ounces per day

Walnuts

Use in salads, cereal, baked goods

Chia Seeds

Vitamins, minerals & omega-3

Avocado

Good fat. Use in Salads