

ANTI-INFLAMMATORY DIET

Try to eat only the following organically grown foods for 21 days.

STEAMED VEGETABLES:

- ◆ The primary reason for using steamed vegetables is that steaming improves the utilization and/or availability of the nutrients in vegetables, and it reduces the initiating residue in the gut, allowing it to restore itself.
- ◆ Eat a variety of the vegetables that you tolerate (except tomatoes, potatoes and eggplant).
- ◆ Do not use aluminum cookware or a microwave.

GRAINS:

- ◆ Eat one or two cups of cooked grains per day, choosing grains that you tolerate well.
- ◆ Allowed grains are millet, basmati or brown rice, quinoa, amaranth, oatmeal, barley, buckwheat, rye, and teff.
- ◆ Other grain foods that may be eaten are rice crisps and wasa crackers.

LEGUMES:

- ◆ Eat a variety of the following legumes, choosing those that you tolerate well.
- ◆ Allowed legumes are split peas, lentils, kidney beans, pinto beans, soy beans, mung beans, garbanzo beans, and aduki beans.

FISH:

- ◆ Eat fish, preferably deep sea fish such as salmon, halibut, cod, sardines, tuna, and mackerel – no shellfish.
- ◆ The fish should be poached, baked, steamed, or boiled.

CHICKEN:

- ◆ Eat only white meat from free-range or organically grown chicken. Do not eat the skin.
- ◆ The chicken should be baked, broiled, or steamed.

FRUIT:

- ◆ Eat 1 or 2 pieces of fruit (except citrus).

SWEETENERS:

- ◆ Very small amounts of maple syrup, rice syrup, barley syrup and honey may be used.
- ◆ Absolutely no sugar, Nutrasweet, or any other sweetener is allowed.