

Anti - Inflammatory Nutrition Guidelines

Proper nutrition plays a vital role in maintaining overall health, and adopting a well-balanced diet not only provides essential nutrients for various bodily functions but can also help reduce inflammation, alleviate symptoms, and improve overall well-being. Knowing which nutrients support your body's systems can help you lead a healthier life and reduce your chances of various health problems.

VEGETABLES

Artichoke	Broccoli	Collard Greens	Lettuce	Radishes	Tomatoes
Arugula	Brussels	Cucumbers	Mushrooms	Rutabagas	Turnip Greens
Asparagus	Sprouts	Dandelion	Mustard Greens	Scallions	Watercress
Avocado	Cabbage	Greens	Napa Cabbage	Shallots	Yams
Beet Greens	Carrot Tops	Eggplants	Okra	Spinach	Zucchini
Beets	Carrots	Jalapenos	Onions	Squash	
Bell Pepper	Cauliflower	Kale	Pumpkin	Sweet Potatoes	
Bok Choy	Celery	Leeks	Radicchio	Swiss Chard	

FRUITS

Apples	Cherries	Figs	Limes	Peaches	Pomegranate
Apricots	Clementines	Grapefruit	Melons	Pears	Raspberries
Blackberries	Coconut	Grapes	Nectarines	Pineapple	Strawberries
Blueberries	Cranberries	Kiwi	Oranges	Plantains	
Cantaloupe	Currants	Lemons	Papaya	Plums	

PANTRY STAPLES

Apple Cider Vinegar	Capers	Coconut	Grapeseed Oil	Salsa	Vegetable Stock
Avocado Oil	Coconut	Water	Oil	Seltzer Water	
Balsamic Vinegar	Aminos	Dijon	Olive Oil	Sesame Oil	Walnut Oil
	Coconut Milk	Mustard	Olives Palm Oil	Tallow	
	Coconut Oil				

PROTEIN

Beef	Chickpeas	Garbanzo	Lamb	Salmon	Trout
Bison	Cod Eggs	Beans	Lima Beans	Shrimp	Tuna
Buffalo	(Chicken,	Halibut	Mackerel	Snap Beans	Turkey
Black Beans	Duck, Quail)	Hummus	Mahi Mahi	Snapper	White Beans
Chicken		Kidney Beans	Pork	String Beans	Wildgame

BULK FOOD

Almond Butter	Butter	Ghee	Lentils	Quinoa	Sunflower Seeds
Almonds	Cashews	Hazelnuts	Pistachios	Sesame Seeds	Walnuts
Arrowroot	Couscous	Hemp Seeds	Pumpkin Seeds		
	Flax Seed				

HERBS/SPICES

Basil	Cilantro	Cumin	Mint	Parsley	Stevia
Black Pepper	Cinnamon	Garlic	Monkfruit	Rosemary	Tajin
Chili Powder	Clove	Ginger	Oregano	Sage	Thyme
Chives	Coriander	Marjoram	Paprika	Sea Salt	Turmeric

Foods To Avoid

Maintaining a balanced and healthy diet is essential for overall well-being. BUT it's also important to be cautious about the foods that could potentially lead to inflammation, worsen existing health conditions, or intensify symptoms.

Refined Carbohydrates and Sugars:

- **White Flour Products:** Items like white bread, pasta, and pastries with a high glycemic index can lead to blood sugar spikes, potentially cause a nerve damage.
- **Sugary Foods and Drinks:** Candy, soda, and desserts containing high sugar content can contribute to inflammation and worsen symptoms.

Artificial Sweeteners:

- **Aspartame, Saccharin, and Sucralose:** These artificial sweeteners found in diet sodas, sugar-free products, and low-calorie snacks may increase nerve pain and inflammation in some individuals.

Saturated and Trans Fats:

- **Fried Foods:** Deep-fried snacks, fast food, and processed foods often contain unhealthy trans fats that can promote inflammation and damage nerves
- **High-Fat Dairy Products:** Full-fat milk, cream, and cheese may contribute to inflammation and nerve damage.

Processed Meats:

- **Deli Meats:** Highly processed meats like bacon, sausages, and cold cuts may contain nitrites and nitrates, linked to nerve damage and inflammation.

High Sodium Foods:

- **Canned Soups and Processed Foods:** Foods with high sodium content can lead to water retention and negatively impact in health.

Alcohol:

- **Excessive alcohol consumption** can magnify symptoms, directly damaging nerves and leading to nutrient deficiencies.

Gluten:

- **Individuals with gluten sensitivity or celiac disease** may experience worsening symptoms if they consume gluten-containing foods like wheat, barley, and rye.