

THE herb SHOPPE

Anti-Inflammatory Guidelines

Try to eat only organically grown foods as they reportedly have 2-5x more nutrients and it will decrease exposure to pesticides. There is no restriction on the amount of food you can eat and there is no need to count calories. The foods listed are only examples of foods to eat so experiment. Try to compose meals of approximately 40% carbohydrates, 30% protein, and 30% healthy fats. Do not eat any 1 food more than 3 times per week. Plan your meals ahead of time and try to find at least 10 recipes you enjoy.

Food Category	Foods to Eat	Foods to Avoid - These foods often cause inflammation.
<p>Vegetables: Eat mostly lower carbohydrate vegetables in the 3% to 6% category. Steaming vegetables improves the utilization or availability of the food nutrients allowing the GI mucosa to repair itself. Use minimal raw vegetables except as a garnish.</p>	<p>3%: Asparagus, bean sprouts, beet greens, broccoli, red and green cabbage, cauliflower, celery, Swiss chard, cucumber, endive, lettuce (green, red, romaine, mixed greens), mustard and dandelion greens, radishes, spinach, and watercress</p> <p>6%: String beans, beets, bok choy, brussel sprouts, chives, collards, kale, kohlrabi, leeks, onion, parsley, red pepper, pumpkin, rutabagas, turnips, and zucchini</p> <p>15%: Artichoke, parsnip, green peas, squash, and carrot</p> <p>20%+: Yams and sweet potatoes</p>	<p>Tomatoes. Potatoes. Peppers Eggplants</p>
<p>Grains: Include 1-2 cups of cooked grains per day unless you have hypertension, high cholesterol, diabetes, or are overweight.</p>	<p>Amaranth, barley, buckwheat, millet, quinoa, basmati or brown rice, rye, and teff. Rice crackers and wasa crackers are also o.k.</p>	<p>All wheat products including breads, cereals, white flour, and pasta that is made from wheat. Spelt.</p>
<p>Legumes: Soak legumes overnight and cook them slowly the next day.</p>	<p>Split peas, lentils, kidney beans, pinto beans, black beans, garbanzo beans, fermented soy (tempe or miso), mung beans, and aduki beans.</p>	<p>Tofu, soy, soy products</p>
<p>Seafood: Deep sea-ocean fish are an excellent source of essential fatty acids and should be eaten 3-4 times per week.</p>	<p>Wild salmon, cod, haddock, halibut, mackerel, sardines, tuna, trout, and summer flounder. Poach, bake, or broil wild cold water fish (vs. farmed).</p>	<p>Shellfish: Shrimp, crab, lobster, and clams.</p>
<p>Meat: Eating protein with every meal helps to regulate and maintain steady blood sugar and energy.</p>	<p>Eat only the meat and not the skin of organic or free-range chicken and turkey. Wild game, venison, elk, and lamb are also fine.</p>	<p>Beef Pork. Some organic beef is o.k. in small amounts</p>
<p>Spices</p>	<p>Add any favorite spice to enhance the flavor of your food</p>	
<p>Fruit: Eat only 1-2 pieces of practically any fruit per day. If possible, it is best to eat the fruit baked such as a baked apple or pear. Try to eat a variety of fruits.</p>	<p>3%: Cantaloupe, rhubarb, melons, and strawberries</p> <p>6%: Apricot, blackberries, cranberries, papaya, peach, plum, raspberries, and kiwi</p> <p>15%: Apple, blueberries, cherries, grapes, pear, pineapple, pomegranate</p>	<p>Citrus fruits. Lemon is o.k.</p>

	20%: banana, figs, and prunes	
Sweeteners: Use sweeteners only occasionally	Pure maple syrup, brown rice syrup, raw honey, or stevia.	Absolutely no sugar, nutra-sweet, or any other
Butter and oils	Mix 1 lb. organic butter with 1 cup extra virgin olive oil to use as a spread. Store in refrigerator. Use olive oil for cooking, coconut oil only for baking, and nut or seed oils for salads.	
Dairy	Small amount of organic butter is o.k. Organic eggs are o.k.	Dairy products including cheese, animal milks, and eggs.
Nuts and seeds	Grind flax, pumpkin, sesame, or sunflower seeds and add to steamed vegetables, cooked grains, etc... Most nuts and seeds are o.k. including nut butters.	Peanuts and peanut butter.
Drinks	Minimum of 1/2 your weight in ounces per day of filtered WATER . A small amount of rice, oat, almond, or soy milk is o.k. Herbal teas can be great coffee and juice substitutes.	Coffee, soda, juice, caffeinated teas, or alcohol.
Miscellaneous		Corn products. Hydrogenated oils. SOY. Processed foods. Fried foods.

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