

Inflammatory Foods to Avoid:

All Additives

All Alcohol

All Eggs

Dairy

Butter

Cream

Cheese

Ghee

Milk

Yogurt

Gluten & Grains

Amaranth

Barley

Buckwheat

Bulger

Corn

Millet

Oats

Quinoa

Rice (all)

Sorghum

Spelt

Wheat

Legumes

Black Beans

Chickpeas

Cocoa (chocolate)

Fava Beans

Kidney Beans

Lentils

Lima Beans

Peanut

Soy Beans

Nightshades

Eggplant

Goji Berries

Ground Cherry

Peppers

(Bell, Chili, Paprika,

Cayenne)

Red Spices (all)

Potato

Tobacco

Tomato

ALL SUGAR

(Natural sugars like honey, maple syrup & coconut sugar are ok on occasion in moderation)

Nuts/Seeds/

Spices

& some Oils

Almond

Brazil Nut

Canola

Cashew

Chia

Coffee

Cocoa

Flax

Hazelnut

Hemp

Pecan

Pine Nuts

Pistachio

Pumpkin

Safflower

Sesame

Sunflower

Walnut