



Soaring Crane Natural Health Center

209 W Cedar Ave. Palmer, AK 99645. 907.745.3999. soaringcraneclinic.com

Anti-Inflammatory Diet

Eating fresh, clean, and organic food has a powerful effect on our health! Eliminating processed and chemically ridden foods enhances intracellular communication which allows our bodies to function optimally. In other words, a healthy diet will decrease the harmful effects of excessive inflammation while giving the body the ability to respond appropriately to insults from bacteria, viruses and/or injury.

Eating an anti-inflammatory diet is the first step in living a life of health.

Basic Steps to Healthy Eating

1. Eat organic foods when possible.
2. Eat unprocessed foods that grew in the ground or once walked the earth.
3. Enjoy your food! Take your time! Sit down and relax while you eat.
4. Enjoy cooking, smelling, and chewing your food.
5. Remember to be thankful for the food in front of you.

The Specifics:

Vegetables

- ✓ Vegetables should always comprise the bulk of your meals. Eat a variety of colors and textures.

Some examples of great vegetables **TO EAT**:

Asparagus	Bean Sprouts	Beet Greens	Broccoli
Red & Green Cabbage	Mustard Greens	Parsley	Radish
Spinach	Cauliflower	Celery	Swiss chard
Cucumber	Lettuce (red, green, romaine)	Watercress	String beans
Beets	Bok choy	Brussel sprouts	Chives
Collards	Eggplant	Kale	Leeks
Kohlrabi	Onions	Red Pepper	Pumpkin
Rutabagas	Turnip	Zucchini	Artichoke
Parsnip	Green Peas	Squash	Carrots
Yam (in small amounts)			

Vegetables that increase inflammation should be **AVOIDED**:

- ✓ Potatoes, Tomatoes and Corn



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Grains

Eat one or two cups of cooked grains per day unless you are overweight, have high blood pressure, high cholesterol or diabetes. Your doctor will specify changes for these conditions.

- ✓ Grains **TO EAT**: amaranth, barley, buckwheat, millet, quinoa, basmati or brown rice, teff
- ✓ Grains to **AVOID**: all wheat or gluten containing grains. (wheat, spelt, rye, oats, kamut)

Legumes

Eat a variety of legumes (beans) that you enjoy and are able to tolerate. Soak dry beans in water with ginger, or a little vinegar for 48-72 hours. Rinse well and cook slowly. This will break down the protein covering the legume and will improve digestion and minimize gas.

Split peas

Lentils

Kidney beans

Pinto beans

Fermented soy (tempeh or miso)

Mung beans

Garbanzo beans

Aduki & Azuki beans

Fish

- ✓ Poach, bake, steam, or broil wild fish, especially **salmon and halibut**. (Cod, haddock, Pollock, sardines, sole, flounder are all ok.).
- ✓ **AVOID** Shellfish (shrimp, lobster, crab, clam, oyster)

Meat

- ✓ Enjoy **organic, free-range** chicken, turkey, beef, buffalo, lamb or **wild game** (moose, caribou, sheep).
- ✓ Organic and grass-fed meats are high in healthy fats and low in fats that increase inflammation.

Fruit

- ✓ Eat only 1 or 2 pieces of practically any fruit, **except** citrus. It is preferable to eat fruit baked.
- ✓ Berries are great in a morning smoothie and are rich in antioxidants and heart healthy nutrients.

Seeds and Nuts

- ✓ Grind flax, pumpkin, sesame or sunflower seeds and add to steamed vegetables or cooked grains.
- ✓ Nut and seed butters are great source of protein and make great mid-day snacks.
- ✓ Raw nuts also can be eaten as a snack or added to salad, vegetables or stir-fry.
- ✓ **AVOID** peanuts/peanut butter.

Butter/Oils

- ✓ Mix 1 pound of **organic** butter, 1 cup of organic extra virgin cold pressed olive (or flax oil) and 2 tbsps. water. Whip at room temperature and store in the refrigerator. Now, you have a “spreadable” butter.
- ✓ Use organic extra virgin cold pressed olive oil or coconut oil for cooking or dressings.

Spices

- ✓ Enjoy whatever spices you like. Spices add flavor and interest to your food. Play with spices. For example, try nutmeg on vegetables, cinnamon in your grains, garlic, onions and ginger with meats or vegetables.



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Sweeteners

- ✓ Occasionally: Maple Syrup, Rice Syrup, Barley Syrup, Raw Honey or Stevia
- ✓ Only eat sweeteners with meals.
- ✓ Avoid **all** Sugar, Corn Syrup, NutraSweet /Aspartame, Splenda.

To Drink

- ✓ Nourish yourself with 6 to 8 glasses of filtered water every day. Drink $\frac{1}{2}$ your body weight in ounces of water daily. Sip the water, trying to drink approximately 1 glass an hour.
- ✓ Small amounts of soy, rice or oat milk are o.k. for cooking or for using in a smoothie.
- ✓ Herbal teas, green teas, red teas are all o.k.
- ✓ **AVOID** Coffee, black tea and fruit juices.

For the time being, avoid the following foods:

All animal milks and cheeses	All corn products	Commercial eggs (organic ok)
Potatoes – red or white	Tomatoes	All Wheat Products
Citrus fruits	Fruit juices	Dried Fruit
Peanuts/Peanut butter	All processed foods	Fried Foods
Non-organic, grain fed meat	Caffeinated teas, coffee	Alcohol.