



Anti Inflammatory Eating Plan

GLUTEN FREE, DAIRY FREE, SOY FREE, PEANUT FREE

WATER

Drink plenty of water, but not tap water, which is full of impurities. Consider a water treatment system, like General Ionics. Schedule a free in-home water quality test through General Ionics of OKC by calling 405-330-6034, or visit www.giokc.com. Consume half your weight in ounces each day, preferably between meals (example - if you weigh 200 pounds, drink 100 fluid ounces daily). Drink more on days you work out or find yourself in a hot humid environment. Avoid plastic bottles. Chemicals in plastic can leach into your water and act as endocrine (hormone) disruptors. Filtered water in a stainless steel bottle or glass is best.

PROTEIN

All animal proteins are acceptable at this time. Choose from meats such as chicken, turkey, fish, beef, bison, pork, lamb, eggs, etc. but - no breading (breading is typically wheat flour – gluten containing), and purchase as much **organic, grass fed, pasture raised, no hormone, no antibiotic, wild, and nitrate free** as possible. Do not use soy based meat alternatives, soy veggie burgers, etc.

VEGETABLES

Veggies are important. Consume raw or lightly steamed/sautéed/roasted. **Cruciferous veggies** such as broccoli, cabbage, cauliflower, brussel sprouts & kale have been shown to support detoxification pathways. For salads, use a vinaigrette or other healthy oil based dressing (no milk based creamy dressing). The best option would be to avoid bottled dressings and use flavor infused olive oils & vinegars as a drizzle over your salads and veggies. There are many olive oil shops in the OKC metro area, ask us for a list. If you need a bottled dressing, Tessamae's

and Primal Kitchen make some cleaner ones.

HEALTHY FATS

Healthy fats such as avocados, nuts, seeds, nut/seed butters and coconut oil are great foods. **AVOID** peanuts and peanut butter (common sensitivity, moldy) and trans fats/hydrogenated oils typically found in margarine & highly processed foods. For alternatives, try almond butter, sunflower seed butter or cashew butter, among others. Sunflower seed butter tends to be more kid friendly and closer in taste and texture to peanut butter, with the unsweetened **Trader Joe's** brand and organic **SunButter** brand being great choices. **Artisana** makes several unique nut butters like pecan and walnut butter.

Use coconut oil or avocado oil for cooking (heat stable), and **extra virgin olive oil for making salad dressing** (or use as a drizzle over foods once they've been cooked and are off the stove/heat). Do not use veggie, corn, soy or canola oil (highly processed/genetically modified).

SWEETENERS

If needed, choose **Stevia** or xylitol. Sweetleaf liquid stevia is better tasting than most, and comes in many flavors (vanilla, toffee, lemon, cinnamon, etc). If you consume diet or regular sodas, please stop, or switch to stevia sweetened **Zevia**. You can use stevia sweetened powdered **Ultima** for a balanced electrolyte replacement and to add flavor to your water. **AVOID artificial sweeteners** such as Equal (aspartame), Sweet-n-Low (saccharine) & Splenda (sucralose), as well as products made with them such as many diet sodas, flavored waters & 'sugar free' treats.

AVOID GLUTEN containing grains ☹️ such as wheat, rye, oats, barley & spelt.

See the gluten free handout for a complete list of gluten containing & gluten free foods

-USE OPTIMAL GLUTEN FREE 😊

items such as brown rice, wild rice, sweet potato, quinoa, beans/legumes.

AVOID ALL COW'S MILK DAIRY & SOY PRODUCTS

For milk alternatives, choose from almond, coconut, cashew, rice, goat, hemp and flax milks. The lowest sugar options are **unsweetened almond coconut, cashew and flax milks**. Rice milk is quite high in sugar, and typically not recommended unless allergic to all others.

Optimal brands that are free of carrageenan and contain zero to very few fillers include **Malk, Elmhurst, New Barn** and **Native Forest** (powder/add water). Popular brands such as **So Delicious, Califia Farms & Good Karma** are also carrageenan free. Do not use soy milk, as soy can negatively affect thyroid function, mimic estrogen & is typically genetically modified.

Cheese: You may use **goat and sheep's milk cheese, fresh buffalo mozzarella** and **soy free/casein free vegan** alternatives. **Kite Hill, Miyoko's, Treeline** and **Heidi Ho** are great clean brands of nut & seed based cheeses. **So Delicious, Daiya** and **Follow Your Heart** also make some popular vegan cheese alternatives.

Yogurt: Goat & sheep's milk yogurt will be closest in texture and nutrition to cow's milk yogurt. Sheep's yogurt is mild in flavor. Look for **Bellwether Farms & Old Chatham Shepherding/Black Sheep** brands. Check out **Forager** for cashew milk yogurt or **So Delicious** for coconut milk yogurt. For any of the above, choose plain, unsweetened and add flavored liquid stevia and/or berries to keep the sugar lower.

So Delicious, Califia Farms and **Nutpods** make coconut & almond milk coffee creamers.

There are many brands of coconut & cashew milk ice creams, but most are high in sugar. A quick online search will give you many options for dairy free/low sugar **avocado ice cream** that you can make in a blender with a base of ripe avocados, full fat coconut milk, raw honey & sea salt.

Use **real organic butter/from grass fed cows** like **Kerrygold & Organic Valley** (cultured/pasture butter). If a substitute is needed, try ghee or coconut oil. Do not use margarine spreads or sprays.

AVOID ALCOHOL & CAFFEINE

No alcohol. Use decaf teas or organic decaf coffee decaffeinated using a

swiss water process. Most traditional decaf coffee is chemically decaffeinated. If you cannot cut all caffeine, ½ the amount you typically use and decrease gradually from there, or try for just a 1 cup serving daily.

THE DIRTY DOZEN & THE CLEAN FIFTEEN

Dirty Dozen

These 12 items were found to have the highest levels of pesticides, and are worth buying organic to decrease your exposure to these toxins.

- 1) Strawberries
- 2) Spinach
- 3) Nectarines
- 4) Apples
- 5) Grapes
- 6) Peaches
- 7) Cherries
- 8) Pears
- 9) Tomatoes
- 10) Celery
- 11) Potatoes
- 12) Sweet Bell Peppers

Clean Fifteen

These 15 items were found to have the least amount of pesticide residues. Save your money for other organic goods, like the Dirty Dozen items above or organic animal products, and purchase these foods conventional when needed.

- 1) Avocados
- 2) Sweet corn (it's still smart to purchase organic corn to avoid GMOs)
- 3) Pineapples
- 4) Cabbage
- 5) Onions
- 6) Sweet peas
- 7) Papayas
- 8) Asparagus
- 9) Mangoes

- 10) Eggplant
- 11) Honeydew
- 12) Kiwi
- 13) Cantaloupe
- 14) Cauliflower
- 15) Broccoli

AVOID GMO Crops (Genetically Modified) – or purchase them organic to avoid this issue.

-Soy, corn, canola, sugar beets, cottonseed oil, and Hawaiian papaya are the biggest culprits of modification. We don't recommend soy & canola for other reasons (even if organic), and corn only minimally, if at all, as it has a high glycemic index and can be difficult to digest.

GLYCEMIC INDEX – CHOOSE LOW TO MODERATE FOODS

What is it? Glycemic index is a measure of how certain foods affect blood sugar levels. The sugar in low and moderate glycemic index foods will be released into the bloodstream gradually, keeping blood sugar levels stabilized, whereas the sugar in high glycemic index foods will enter quickly and cause sharp highs and lows in blood sugar levels. When blood sugar levels are stabilized, one's energy levels, mood and ability to burn fat are optimized. Glycemic index, however, does not take into account how much of the food is consumed or what is eaten with that food. Adding protein (chicken, fish, beef, etc) &/or healthy fat (avocado, nuts, nut butter, healthy oils, etc) will help to slow the release of sugar from a higher glycemic index food. However, it's always a healthier choice to choose from the low and moderate glycemic list. These foods are typically less processed, more natural and will have more nutritional value than foods in the higher category. (The foods below are all gluten free)

☺ **Low Glycemic Index**

Quinoa

Beans/peas – kidney, lima, lentils, pinto, garbanzo, white beans, split peas, chickpeas/hummus

Nuts/ Nut Butters (no peanut butter)

Green vegetables & salads

Berries: strawberries, blueberries, raspberries, blackberries (*berries only if on a lower carb diet)

Apples, Pears, Cherries, Unsweetened applesauce, Plums, Grapefruit, Peaches, Oranges

Yogurt: plain goat & sheep milk based (no cow's milk based)

Stevia, Coconut Nectar (*stevia only as a sweetener if on a lower carb diet)

☺ **Moderate Glycemic Index**

Sweet potato Brown rice Brown basmati rice Buckwheat

Cantaloupe Honeydew Kiwi Grapes Pineapple

Beets Honey

☹ **High Glycemic Index**

Rice: instant, white, puffed cereal, rice cakes, jasmine rice, rice milk

Potato: white, instant Millet Corn

Cereal: Cornflakes, most conventional breakfast cereals are higher glycemic index

Ice cream – fat free/frozen yogurt

Banana Papaya Fruit juices Candy/hard candy

Mango Raisins/dried fruit Watermelon Regular soda

Sample Breakfast Options

Protein shake: Foundation Gut/Detox/Hormone/Metabolic (or other doctor recommended protein powder). Add to blender with unsweetened almond or coconut milk & organic frozen berries

Slow cooked gluten free oats (stevia/cinnamon to sweeten) and organic nitrate free chicken sausage

Omelet/organic scrambled eggs with goat cheese, spinach & tomatoes.
Side of breakfast sweet potatoes

Quinoa: cooked and seasoned with cinnamon, nutmeg & stevia.
Add chopped apples and pecans if desired. Organic/nitrate free chicken or turkey sausage

Sample Lunch & Dinner Options

Grilled chicken salad: tossed organic greens, chopped cucumber, tomato, onion, avocado, bell pepper, celery, etc with organic grilled chicken. Flavor infused olive oil & vinegar. Side of chicken/vegetable soup (homemade would be best to avoid preservatives/fillers in canned soup).

Grilled or baked fish: wild salmon, etc. with baked sweet potato, salad and steamed veggies

Grilled grass fed beef/bison steak or burger patty with sautéed onions.
Chopped salad: cucumber, tomato, avocado, fresh green herbs, goat cheese, flavor infused olive oil & vinegar

Sample Snack Options

Mixed nuts: raw/organic are your best choices (no peanuts)

Pea/rice or bone broth protein powder, mix in blender w/coconut milk, nut butter, frozen berries

Ready-to-Drink pea protein shake: Orgain or Evolve (sold in NutraCare)

Protein bar (no whey or soy protein): Bulletproof bar or Julian Bakery Paleo/Pegan or GoMacro

Organic turkey, beef or buffalo (Tanka) jerky (make sure it's gluten free/check the label)

Sprouted seed (Simple Mills) or brown rice crackers w/organic hummus (Hope) or guacamole

Kale chips – homemade is best ☺ or brands like: Brad's Raw Foods and Alive & Radiant Foods

Sheep's Milk Yogurt (Bellwether Farms or Old Chatham): plain, sweeten with liquid stevia & berries

Dark chocolate (80/85%+ or stevia sweetened like Dante's Confection & Pure Love brands are best)