

Village Health Clinic

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ANTI-INFLAMMATORY DIET

Try and eat organically grown foods from the following categories for the next 28 days. There is no restriction on the amount of food you can eat. The foods listed are only examples of foods to eat.

STEAMED VEGETABLES:

The primary reason for using steamed vegetables is that steaming improves the utilization or the availability of the food substances and it reduces the irritating residue in the intestines, allowing the gastro-intestinal lining to restore itself. Use minimal raw vegetables except as a salad.

- Eat a variety of any and all vegetables (except tomatoes and potatoes) that you tolerate. Add your favourite spices to enhance the taste of these vegetables.
- Do not use aluminum cookware

GRAINS:

Eat one to two cups of cooked grains per day of those you tolerate.

- Allowed grains are millet, basmati or brown rice, quinoa, amaranth, oatmeal, barley, buckwheat, rye, teff. Other grain foods that may be eaten are rice crisps and wasa crackers

LEGUMES:

Eat a variety of any legumes that you are able to tolerate:

- Split peas, lentils, kidney beans, pinto beans, soybeans, mung beans, garbanzo beans, aduki & azuki beans.

FISH:

The fish should be poached, baked, steamed, broiled, or BBQ. No fried or deep-fried fish.

- Deep-sea fish (salmon, halibut, cod, sardines, tuna, mackerel), or trout is preferred. The fish may be fresh, frozen or canned. No shellfish.

CHICKEN OR TURKEY:

The free-range or organically grown chicken/turkey could be baked, broiled or steamed.

- Eat only the white meat and do not eat the skin.

FRUIT:

If possible, it is preferred to eat the fruit cooked or baked (such as applesauce or a baked apple or pear).

- Eat only 1 or 2 pieces of practically any fruit per day, except no citrus (orange, lemon or grapefruit).

SWEETENERS:

Very small amounts of maple syrup, rice syrup, barely syrup, honey or stevia may be used.

- Absolutely no sugar, NutraSweet or any other sweetener is allowed

BUTTER/OILS:

For butter, mix together 1 pound of butter and 1 cup of extra virgin olive oil (from a new dark jar). Whip at room temperature and store in the refrigerator. It provides the benefits and taste of butter and essential fatty acids. Use extra virgin olive oil for all other situations requiring oil.

HERBAL TEAS AND GOOD WATER TO DRINK:

Drink a MINIMUM of 6-8 glasses of spring, bottled, filtered or reverse-osmosis-filtered water every day. If allowed, you may also choose to drink 2-4 cups of herbal tea. Herbal teas are best taken in the evening, sipped slowly.