

PHYSIO LOGIC

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Anti-inflammatory Food List

PROTEINS

- **MEATS:** You can't go wrong with grass-fed, organic, free-range, hormone free animal proteins
- No lunch meat or cured meats (due to chemicals and preservatives)
- **SEAFOOD (no more than 2x/week):** Wild Alaskan Salmon is best. Other acceptable options include sardines, anchovies, and herring.
- **OTHER PROTEINS:** Quinoa, Legumes
- **NUTS & SEEDS:** Almonds, pecans, walnuts (whole or halves), flax seed, chia seed, hemp seed, etc., raw is best
- Natural nut butters where oil rises to the top - avoid commercial brands (containing hydrogenated oils and sugar), almond and cashew butter are great options.

*Note: Make sure you get **adequate protein** each day. At least 2 servings the size of deck of cards is appropriate for most.

DAIRY: (PROTEIN AND FAT)

- Replace cow's milk with rice, almond, coconut, hemp or cashew milk
- Free range or organic eggs (6-8 per week)
- Organic, cultured butter from grass fed cows (NO MARGARINE!!)
- Rice, almond, or coconut products

FATS

- Organic, cultured butter from grass fed cows (NO MARGARINE, IT'S HYDROGENATED!)
- Fresh Flaxseed oil, chia seed, hemp seed
- Olive oil, cold pressed
- Grapeseed oil
- Avocado
- Coconut products- milk, cream, oil
- Quality omega-3 oils/ micro algae

VEGETABLES (at least 4 servings per day)

- Raw or steamed vegetables, preferably organic veggies, 3-5 servings per day- Green leafy vegetables are BEST
- All homemade soups or frozen soups from the health food store
- Limit starchy veggies (potatoes, yams, corn, squash, peas) no more than 5 times per week.

- **SALADS:** Raw vegetable salads
- Salad dressing - use any cold pressed oil with apple cider vinegar or lemon juice, try homemade or Haines brand, **cold pressed**, mayonnaise), Italian dressings made with fresh (preferably organic) ingredients, Amy's Naturals brand is good. **Avoid** dressings that contain any **soy**

CONDIMENTS

- Natural herbs and spices, Sea Salt
- Apple cider vinegar, lemon juice, or rice vinegar Mustard, health food store brands will typically have less sugar.

GRAINS (Limited quantities ONLY):

- Brown or wild rice, quinoa, millet, buckwheat, teff, amaranth, lentils
- Steel cut oats- certified gluten-free
- Gluten free substitute products:
 - Brown rice or quinoa cereals, pastas, crackers

FRUITS (1-2 servings per day):

- Fresh, organically grown fruits
- **Fresh** fruit or vegetable juices
- Apples, oranges, grapefruit and berries are best (low-glycemic)
- Note: Only 1-2 servings per day

NATURAL SWEETENERS: Limit amounts of the following:

- Stevia
- Organic Raw Honey
- Pure Organic Maple Syrup
- Fresh Fruit
- Xylitol

BEVERAGES

- Organic, herbal teas
- Organic Coffee
- Lemon water with or without powdered white stevia to taste

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- Avoid tap water, drink filtered water- Half your body weight in ounces per day.

DESSERTS - OCCASIONALLY

- Fresh fruit with almond or Greek yogurt and raw honey
- Brown rice pudding made with raw honey or powdered stevia, and rice milk or almond milk
- Sorbet made from fresh fruit, no added sugar/fructose

SNACKS/TREATS FOR KIDS (also see DESSERTS)

- Popsicles for children (use natural fruit juices)
- Fresh fruit
- Gluten free crackers (NO HYDROGENATED OILS!!)
- Homemade trail mix- Easily made gluten free
- Almond butter on carrots or celery