

LOW INFLAMMATORY DIET/FOODS

This is a very strict low inflammatory diet. It does not have to be followed exactly if you are not a diabetic or you don't have any major health issues that require a strict low inflammatory diet.

GOOD FATS

Coconut oil up to 5 tbs daily
Butter – organic grass fed if possible
Lard
Bacon grease
Beef tallow
Chicken, duck, turkey fat or other fowl
Cold pressed oils – avocado and many others
Olive oil – make sure it is very good quality and never use in a frying pan
Avocados, coconut
Nuts such as Brazil, Macadamia, Pecans, Walnuts, Pistachios and Filberts
Peanuts and cashews are not nuts and are roasted and salted in unhealthy oils. Cashews are from a fruit and have a lot of carbs in them.

BAD FATS

Bottled oils – corn, soy, safflower, peanut, vegetable, canola, etc
Margarines of all kinds
PAM, olive oil sprays
Powdered oils (corn sprayed)
Low quality olive oil

FULL FAT DAIRY PRODUCTS – yes to yogurt (plain only), cottage cheese, sour cream and other real cheeses.

CHEESE FOOD PRODUCTS – no to Velveeta, Cheese Whiz, plastic wrapped cheese singles, or other cheese products made with unhealthy oils.

VEGETABLES – yes to most

Green leafy veggies including all types of lettuce
Cauliflower
Broccoli
Collards
Cucumbers
Celery
Tomatoes (*if no autoimmune disease*)
Avoid beans, dried beans and root vegetables such as beets, carrots, turnips, rutabagas, too much garlic and onions (small amounts in salads are ok).

Asparagus
Brussel Sprouts
Cabbage
Kale
Bell Peppers (<i>if no autoimmune disease</i>)
*Corn is not a vegetable

CONDIMENTS

Make your own salad dressing and mayo. I use avocado oil to make mayo. There are recipes on line that take less than 5 minutes.

Paleo Mayo can be used for tuna salad, salmon salad, egg salad, deviled eggs and for making your own ranch dressing.

EAT SALT – Himalayan and Redmond from Utah. If you're on a low carb diet, eat salt in bone broth.

Salt prevents cramps in feet and legs.

Raw sauerkraut or other fermented vegetables are full of salt and good bacteria (probiotics).

Chocolate – only very dark chocolate 80-90% cacao.

DRINKS

Herbal Teas of all kinds but only with Stevia or Monk Fruit. *There are many flavors.*

Coconut Milk Unsweet / Almond Milk Unsweet

Zero Vitamin Water

Stevia Drinks

Kombucha – *some have carbs from sugar in small amounts*

True Lemon flavor packs

Bai Drinks

No to – Soda *including diet*, Gatorade, Powerade, cows or goats milk

PROTEIN

0.5 – 1.0g/kg of body weight/day. This is around 25-30g per meal. Older adults may need more due to protein wasting. We lose a lot of muscle mass as we get older.

Pork 8g/oz

Chicken 7g/oz

Beef 9g/oz

Shrimp and other seafood

Fish – cold water deep ocean – salmon, mackerel, tilapia, tuna and others 7g/oz

Sustainable canned fish, sardines, tuna, salmon, etc.

NO SUGAR/GRAINS

Avoid all artificial sweeteners such as NutraSweet (aspartame), Splenda (sucralose), Equal, Sweet and Low and others

You may use Stevia, Monk Fruit Sweetener and on occasion sugar alcohols in some sweets.

These include Swerve and Whole Earth Sweetener.

No fruit – except the berries (blueberries, strawberries, raspberries, blackberries) *organic is best*

No sugar

No crackers

No bread

No cereal

No flour

No tortillas

No chips

No rice

No potatoes including sweet potatoes

No carrots or beets

No legumes, dried beans, peas

No ketchup

No maple syrup

No corn or corn products

No honey

No sodas including diet. Zevia sodas that use Stevia are ok on occasion

No gravy made with flour

No oats, grits, quinoa or other grains including all breads, cakes, muffins and bagels