



## **ALLERGIES**

### **ANTI-INFLAMMATORY DIET**

Try to eat only organically grown foods as they reportedly have two to five times more nutrients and it will decrease exposure to pesticides. There is no restriction on the amount of food you can eat. The foods listed are *only examples* of foods to eat. Try to compose meals of approximately 40% carbohydrates, 30% protein and 30% healthy fats. Try to eat any one food no more than five times a week. Plan your meals ahead of time and try to find at least ten recipes you enjoy.

#### **Steamed Vegetables:**

- The primary reason for using steamed vegetables is that steaming improves the utilization or the availability of the food nutrients allowing the gastro-intestinal mucosa to repair itself. Use minimal raw vegetables except as a salad. Include at least one green vegetable daily.
- Eat a variety of any and all vegetables (except tomatoes and potatoes) that you can tolerate. It is best to try and eat mostly the lower carbohydrate (3, 6%) vegetables. For example:
  - 3% - asparagus, bean sprouts, beet greens, broccoli, cabbage, cauliflower, celery, Swiss chard, cucumber, endive, lettuce, mustard greens, radish, spinach, watercress;
  - 6% - string beans, beets, brussels sprouts, chives, collards, eggplant, kale, kohlrabi, leeks, onion, parsley, red pepper, pumpkin, rutabagas, turnip, zucchini;
  - 15%: artichoke, parsnip, green peas, squash, carrot;
  - 20+%: yam.

Add your favorite spices to enhance the taste of these vegetables.

#### **Grains:**

- Eat one to two cups of cooked grains per day of those you tolerate, unless you have indications of high insulin levels such as overweight, high blood pressure, high cholesterol or diabetes.
- Allowed grains include: amaranth, barley, buckwheat, millet, oatmeal, quinoa, basmati or brown rice, 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. Soak for 48-72 hours and cook slowly:
  - split peas, lentils, kidney beans, pinto beans, fermented soy (tempeh or miso), mung beans, garbanzo beans, aduki and azuki beans.

## **Fish:**

- Poach, bake, steam, or broil deep-sea ocean (vs. farmed) fish (cod, haddock, halibut, mackerel, sardines, summer flounder, wild Pacific salmon) is preferred-no shellfish (shrimp, lobster, crab, clam).

## **Chicken/Turkey:**

- Eat only the meat and not the skin of free-range or organically grown chicken or turkey. Bake, broil or steam.

## **Fruit:**

- Eat only 1 or 2 pieces of practically any fruit except citrus. If possible, it is preferred to eat the fruit baked (such as a baked apple or pear). Like the vegetables, try to eat mostly the low carbohydrate fruits. For example:
  - 3% - cantaloupe, rhubarb, strawberries, melons;
  - 6% - apricot, blackberries, cranberries, papaya, peach, plum, raspberries, kiwi;
  - 15% - apple, blueberries, cherries, grapes, mango, pear, pineapple, pomegranate;
  - 20+% - banana, figs, prunes, any dried fruit.

## **Sweeteners:**

- Occasionally maple syrup, rice syrup, barley syrup, raw honey or stevia - use ONLY with meals.
- Absolutely no sugar, NutraSweet, or any other sweetener is allowed.

## **Seeds and Nuts:**

- Grind flax, pumpkin, sesame or sunflower seeds and add to steamed vegetables, cooked grains, etc. You may also eat nut and seed butters, such as almond, cashew, sesame, etc.

## **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.
- Use extra virgin olive oil for all other situations requiring oil.

## **Spices:**

- To add a delightful flavor to you food choices, add whatever spices you enjoy.

## **To Drink:**

- Drink a MINIMUM of 6 to 8 glasses of spring, bottled, filtered or reverse-osmosis filtered water every day. Sip the water; try to drink one glass per hour. A few drops of chlorophyll will add a pleasant taste. NO distilled water.
- Small amounts of soy, rice, or oat milk are allowed ONLY on cooked grains or in cooking.

## **For the time being, avoid the following foods:**

all animal milks

all animal cheeses

all corn products

commercial eggs (organic OK)

potatoes-red or white

tomatoes

all wheat products including  
breads

white flour

citrus fruits	all fruit juices	all dried fruit
peanuts/peanut butter	any processed food	fried foods
meat-red meat (beef, pork)	all caffeinated teas, coffee	alcohol

Reference:

National University of Natural Medicine

Thom, Dickson, Natural Health Choices Clinic. NCM faculty, 2003.