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What we eat is perhaps the single most important thing we can do to in order to take charge of our health to reduce inflammation and therefore chronic disease. The following is a list of foods to eat and to avoid as part of an anti-inflammatory diet.

Eat This:

Vegetables

Broccoli
Cauliflower
Onions
Garlic
Leeks
Scallions
Chives
Mushrooms
Beets
Radishes
Carrots
Artichokes
Celery
Kale
Cabbage
Collards
Bok choy
Brussels sprouts
Watercress
Arugula
Romaine lettuce
Green leaf lettuce
Butter lettuce
Dandelion greens
Mustard greens
Spinach
Okra
Asparagus

Nuts and Seeds

Macadamia nuts
Pecans
Walnuts
Pistachios
Pine nuts
Brazil nuts
Coconuts
Sesame seeds
Psyllium fiber
Flax seeds

Oils, Vinegars, Herbs

Olive oil
Coconut oil
Avocado oil
Cod liver oil
Walnut oil
Macadamia oil
All vinegars (without added sugar)
Parsley
Mint
Basil
Fennel

Fruits

In-season organic berries
Avocados
Olives

Flours

Blanched almond
Coconut
Hazelnut

Dairy Substitutes

Ghee
Goat butter
Goat cheese
Buffalo mozzarella
Coconut yogurt (without added sugar)
Coconut milk (full fat, canned, without added sugar)

Eat This, In Moderation:

Meat, Poultry, and Fish

(≤4 ounces per day)-

Grass-Fed and Grass-Finished, Pasture-Raised, and Wild-Caught

Pork	Shrimp
Lamb	Scallops
Beef	Lobster
Organ meats	Crab
Eggs	Calamari/squid
Chicken	Oysters
Turkey	Mussels
Duck	Sardines
Goose	Halibut
Quail	Tuna
Alaskan salmon	Bass

Starches

Green bananas
Green mangoes
Green papayas
Sweet potatoes
Yams
Parsnips
Turnips
Cassava
Arrowroot

Other

≥72% cacao dark chocolate
Champagne (≤6 ounces daily)
Red wine (≤6 ounces daily)
Rum, tequila, brandy, vodka, bourbon,
whiskey or scotch (≤1 ounce daily)

Avoid This:

Processed Foods

Breads
Pastas
Sodas
Potato chips
Tortillas
Pastries
Cookies
Cakes
Crackers
Muffins
Cereals
Sugars, real and artificial

Vegetables

Potatoes
Cucumbers
Peas
Green beans
Chickpeas
Lentils
Soy

Oils and Herbs

Corn oil
Peanut oil
Sunflower oil
Vegetable oil
Canola oil
Grapeseed oil
Chili peppers
Bell peppers

Fruits

Zucchini
Ripe bananas
Ripe mangoes
Pineapples
Grapes
Pumpkins
Squashes
Melons
Tomatoes
Eggplants

Dairy Products

Cow's milk
Soy milk
Yogurt (including Greek yogurt
and frozen yogurt)
Cheese

Grains

Whole grains, wheat
Oats
Quinoa
Brown rice
White rice
Barley
Corn and any corn product
Rye
Flours

**Farm-raised meat, poultry, and
fish, including grain, corn, or
soybean-fed**