

## Anti-Inflammatory diet

Focus on whole, natural, minimally processed foods, with a lot of healthy protein, fruits and vegetables and minimizing grains, unhealthy fats and processed foods.

### Include:

- \* Lean sources of protein:
  - wild salmon, halibut, chicken, turkey
  - soy
  - whey protein powder (if tolerated)
  - legumes (lentils, beans)
- \* Fruits
- \* Vegetables
- \* Nuts, seeds, berries
- \* Generous amount of olive oil
- \* Water, tea, fruit and vegetable juice

\* Turmeric and ginger spices are anti-inflammatory

Avoid commercial vegetable and fruit juices because they have a lot of sodium and added sugar.

### Avoid:

- \* Fat-laden arachidonate rich meats like beef, liver, pork, and lamb
- \* Dairy products other than whey protein
- \* Sugar, including corn syrup, cola and soda, donuts, candy and 'junk food'
- \* Grains, such as wheat, rye and barley
  
- \* Potatoes and rice
- \* Alcohol
  
- \* Chemical additives

A great website for recipes and cooking: [www.whfoods.com](http://www.whfoods.com)



*Dr. Jenny Mann is a naturopathic doctor. Her approach is to investigate and treat the underlying cause of health conditions. She focuses on lifestyle changes, diet, nutrients and herbs to gently correct the body's imbalances. Dr. Mann specializes in women's health, digestive disorders and autoimmune disease. She practices at San Francisco Preventive Medical Group. Read more at [www.drjennymann.com](http://www.drjennymann.com) and [www.sfpmq.com](http://www.sfpmq.com)*