# Quick Food Guide

## Anti-inflammatory Foods
- Almonds
- Avocado
- Beets
- Black Cherries
- Blackberries
- Blueberries
- Broccoli
- Celery Seeds
- Cilantro
- Coffee (1-2/day)
- Curry
- Extra virgin olive oil
- Fatty fish and fish oil
- Fiber
- Flax seeds and oil
- Garlic
- Ginger
- Green leafy veggies
- Green Tea
- Hazelnuts
- Kale
- Lemon water
- Mustard seed
- Nuts and Seeds
- Olives
- Onions and Scallions
- Papaya
- Pineapple
- Parsley
- Pineapple
- Red Wine (1-2/day)
- Turmeric
- Walnuts

## Pro-inflammatory Foods
- Alcohol (excessive)
- Artificial Colors
- Artificial Sweeteners
- Aspartame
- Coffee (excessive)
- Conventionally raised dairy
- Conventionally raised meat
- Corn Syrup
- Diet Soda
- Fast food
- GMO foods
- High Fructose Corn Syrup
- Hydrogenated oils
- Junk food
- Nitrites (processed meats)
- Partially hydrogenated oil
- Preservatives
- Processed Food
- Shortening
- Soda
- Sucralose
- Tobacco products
- Trans Fats
- White flour
- White sugar

## Foods Highest in Pesticides (The Dirty Dozen) – BUY ORGANIC

<table>
<thead>
<tr>
<th>Apples</th>
<th>Bell Peppers</th>
<th>Celery</th>
<th>Cherries</th>
<th>Grapes</th>
<th>Nectarines</th>
<th>Strawberries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peaches</td>
<td>Pears</td>
<td>Potatoes</td>
<td>Raspberries</td>
<td>Spinach</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Dirty Dozen and Clean Fifteen are From Environmental Working Group

## Foods Lowest In Pesticides (The Clean Fifteen) – SAFE TO BUY CONVENTIONAL

<table>
<thead>
<tr>
<th>Asparagus</th>
<th>Avocado</th>
<th>Cabbage</th>
<th>Cantaloupe</th>
<th>Eggplant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grapefruit</td>
<td>Kiwi</td>
<td>Mango</td>
<td>Onions</td>
<td>Pineapple</td>
</tr>
<tr>
<td>Sweet Corn</td>
<td>Sweet Peas</td>
<td>Sweet Potato</td>
<td>Sweet Onions</td>
<td>Watermelon</td>
</tr>
</tbody>
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