

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

Eat More of
These!

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

Eat Less of
These!

Foods Highest in Pesticides (The Dirty Dozen) - BUY ORGANIC

Apples	Bell Peppers	Celery	Cherries	Grapes	Nectarines
Peaches	Pears	Potatoes	Raspberries	Spinach	Strawberries

*Dirty Dozen and Clean Fifteen are From Environmental Working Group

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

Asparagus	Avocado	Cabbage	Cantaloupe	Eggplant
Grapefruit	Kiwi	Mango	Onions	Pineapple
Sweet Corn	Sweet Peas	Sweet Potato	Sweet Onions	Watermelon

Amy Neuzil, ND