



Mardian Natural Medicine

347 Old Chicopee Trail, Kitchener, Ontario, N2A 4G5

Telephone: (519) 896-4800 Fax: (519) 896-4806

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Anti-Inflammatory Diet

Try and eat organically grown foods as they reportedly have 2-5x 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 1 food no more than 5 times a week. Plan your meals ahead of time and try to find at least 10 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 gut mucosa to repair itself. **Use minimal raw vegetables** except as a salad. Include at least 1 green vegetable daily.
- Eat a variety of any and all vegetables (except tomatoes, potatoes). It is best to try and **eat mostly the lower carbohydrate (3,6%) vegetables**. For example:

3% - asparagus, bean sprouts, beet greens, broccoli, red & green cabbage, cauliflower, celery, Swiss chard, cucumber, endive, lettuce, mustard greens, parsley, radish, spinach, watercress

6% - string beans, beets, Bok Choy, brussel sprouts, chives, collards, eggplant, kale, kohlrabi, leeks, onion, 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 1-2 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: **Amaranth, Barley, Buckwheat, Millet, Oatmeal, Steel Cut Oats, Quinoa, Basmati or Brown rice, Rye**
- Other grain foods include: **Rice crisps, Wasa crackers, 100% Rye Bread, rice crackers, rice cakes, Ezekiel bread**



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Legumes:

- eat a variety of legumes that you are able to tolerate, its best to soak them for 48-72 hours and cook slowly. Canned beans and legumes are okay if packed in water and salt only: split peas, lentils, kidney beans, pinto beans, fermented soy (tempeh or miso), mung beans, chic peas, aduki and azuki beans

Fish:

- poach, bake, steam, or broil deep-sea ocean (vs. farmed) fish : cod, croaker, haddock, halibut, Pollock, sardines, sole, flounder, tilapia, wild salmon - is preferred. No shellfish (shrimp, lobster, crab, clam), they are “bottom feeders” and concentrate toxins

Chicken/Turkey:

- eat only the meat and not the skin, try to buy free-range, or organically grown chicken/turkey. Bake, broil, steam, slow cook/roast

Meat:

- free-range, chemical free meat is best (trying buying meat from specific vendors at local K-W markets), including: lamb, venison and beef

Fruit:

- eat maximum 3 pieces of fruit per day (due to high sugar content), avoid citrus. If possible it is preferred to eat the fruit baked (such as apple or pear). Like vegetables, try to eat mostly the low carbohydrate fruits (3, 6%):
 - 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, dried fruit (sulfite free - only)

Sweeteners:

- use OCCASIONALLY: maple syrup, rice syrup, barley syrup, honey, stevia, xylitol
- Absolutely NO: sugar, NutraSweet, Aspartame, Splenda or any other sweetener

Nuts & Seeds:

- grind flax, pumpkin, sesame or sunflower seeds and add to steamed vegetables, cooked grains etc. You may also eat nut and seed butters - almond, brazil, cashew, sesame seed paste (tahini) etc.



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Butter/Oils:

- butter is best (avoid margarines of all kinds) mix together 1 pound of organic 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 or coconut oil or grape seed oil for all other situations requiring oil

Spices:

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

Fluids:

- a minimum of 6 to 8 glasses of spring or reverse-osmosis water daily. Drink $\frac{1}{2}$ your body weight in ounces of water (i.e. 160 lbs. = 80 oz = 10 glasses of water/day). A few drops of chlorophyll will add a pleasant taste. No distilled water.
- Small amounts of soy, rice, oat or almond milks are allowed - ONLY on cooked grains or in cooking.

For the time being, AVOID the following foods:

Animal Milks

Animal Cheeses

Yogurt/ice cream

Commercial Eggs (*free-run is OK*)

Wheat products (i.e. breads/bagels

white flour/crackers/most cereals)

Dried Fruit - preserved with sulfites

Fried Foods (i.e. French fries/battered fish)

Peanuts

Potatoes - red or white

All fruit Juice

Processed food (i.e. chips/hot dogs/frozen dinners)

Caffeinated drinks (tea/coffee/cola)

Corn and corn products

Tomatoes (except small amounts in cooking)

Alcohol

Citrus

Pork