



Good Food vs Bad Food

GOOD FOODS

1. **Eat the Rainbow**
2. **Eggs**
3. **Butter**
4. **Salt**
5. **4-8 Glasses, 250ml
Filtered water**
6. **Raw Mixed Nuts- no
peanuts**
7. **Couscous/ Rice/ Quinoa**
8. **Red Meat - med/rare**
9. **Fish, Chicken, Lamb**
10. **Pure Buckwheat**
11. **Coffee/Tea/Green Tea**
12. **Dairy Products – if no
allergies**
13. **Vegetables**
14. **Wine (moderation)**
15. **High Antioxidant
Foods**

BAD FOODS

1. **Wheat**
2. **Barley**
3. **Rye**
4. **Oats - Even Gluten Free**
5. **Fried Foods**
6. **Oils – No oil of any kind;
this includes olive &
coconut oils!**
7. **Well Done Meat**
8. **Deli Meats – loaded with
nitrates**
9. **Carbonated Beverages**
10. **Baked Potato Skins**
11. **GMO Corn**
12. **GMO Soy**
13. **Processed Sugars**
14. **Alcohol**
15. **Margarine**

Read the labels!

WHY AVOIDING GLUTEN IS CRITICAL

- **Gluten is an Inflammatory**
- **Interferes with Absorption**
- **Causes Intestinal Sludge & Blockage**
- **Associated with Autoimmune Disease**
- **Significantly Raises Blood Sugar**
- **Effects Endocrine & Hormonal Systems**



Nutrients to Reduce Inflammation

The best way to get these nutrients is from your food. The following is a list of foods high in essential nutrients and some that can actively reduce inflammation:

Magnesium

- Whole Grains (*inflammatory so not recommended*)
- Dark Green Leafy Vegetables
- Nuts and legumes
- Avocado
- Banana
- Kiwi Fruit

Omega 3 Fatty Acids

- Salmon, mackerel, tuna
- Nuts and seeds (flaxseed, chia seeds)
- Edamame Beans
- Seaweed
- Blueberries
- Avocado
- Eggs

NAC (n-Acetyl Cysteine)

- Broccoli
- Cauliflower
- Brussel Sprouts
- Eggs
- Nuts
- Fish

High Anti-Oxidant Food

Blueberries, cinnamon, walnuts, curry, dark skinned fruits, unprocessed cocoa powder, acai berry, green tea, red wine.

Vitamin D

- Sunlight
- Salmon, mackerel, sardines
- Red meat
- Liver
- Egg Yolk

Anti-oxidants

- Broccoli
- Spinach
- Carrots
- Potatoes
- Blueberries

Foods that can reduce inflammation:

- Fish (omega 3)
- Pineapple (bromelain)
- Berries (antioxidants)
- Avocado (anti-oxidants)
- Turmeric
- Nuts (omega 3)
- Extra Virgin Olive Oil
- Ginger

