



Let us help you get BACK to health!

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**ANTI-INFLAMMATORY DIET**

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**FOODS ALLOWED**

Oils:

Olive oil, Avocado oil and Coconut oil

Veggies:

High Omega-3

Spinach

Cauliflower

Squash

Romaine, Arugula, Butter Head Lettuce, Dandelion, Watercress

Cruciferous leafy greens

Kale, Broccoli, Swiss Chard, Cabbage, Mustard Greens, Turnip  
Greens

High Antioxidants

Onion, Garlic, Beets, Carrots

Sweet Potatoes

Cucumbers

Peas, Green Beans, Lima Beans

Fruit:

High Antioxidants

Blueberries, Raspberries, Strawberries, Blackberries, Plums, Cherries,

Red Grapes, Citrus

Peaches, Nectarines, Apricots

Apples, Mango, Papaya

Protein:

All Meats  
Cold Water Fish (High Omega 3)  
    Salmon, Tuna, Herring, Mackerel, Oysters  
Chicken  
Turkey  
Seeds (High Omega 3)  
Flax Seeds, Chia Seeds  
Chick Peas  
Shrimp  
Red Meat, Pork

Spices/Herbs:

High in Omega 3  
    Basil, Oregano, Marjoram  
Anti-inflammatory  
    Ginger, Rosemary, Turmeric, Oregano, Clove, Nutmeg

Drinks:

Water

**FOODS NOT ALLOWED**

Dairy:

Milk, Heavy Cream, Coffee Creamer, Yogurt, Butter, Eggs

All Grains:

Wheat, Oats, Rice, Corn, Semolina, etc.  
Pasta  
Breads  
Cereals

Oils:

Corn/Vegetable, Cottonseed, Grape Seed, Peanut, Safflower, Soy, Sunflower, Margarine

Vegetables (all nightshade):

Corn, Potatoes, Pepper, Pimento, Eggplant

Fruits:

Eggplant, Tomato, Tomatillo, Goji Berry, Gooseberry, Huckleberry (nightshade) Bananas, Melons (Watermelon, Cantaloupe, Honeydew), Pineapple

Drinks:

Soda, Juices with artificial sweeteners

Foods with long shelf life:

Crackers, Chips, anything in a box or a can

Artificial Flavors:

MSG  
Aspartame, Saccharin

Miscellaneous:

Nuts, Seeds

For more complete details, visit:

<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?fr=172.515&SearchTerm=synthetic%20flavoring>