

## Anti-Inflammatory Diet Outline

Foods you consume should promote health and decrease the incidence of serious illness and chronic pain. Unfortunately, many commonly consumed foods in the Western diet promote serious illness and chronic pain. By following the anti-inflammatory diet that is described below, you will experience higher energy levels, decreased aches and pains, and an increased lifespan.

The most successful dietary regimens are achieved by planning your meals ahead of time. With an anti-inflammatory diet, vegetables should make up the bulk of it as they are high in nutrient content, yet relatively low in calories. As such, vegetables and proteins should be the main component of your meal. Acceptable protein sources include grass fed meat, wild caught fish, cage free eggs, raw nuts, seeds, and/or beans. Next, add tubers (root vegetables such as sweet potatoes, taro roots, and yams). For those with a sweet tooth, eat fruit or dark chocolate with a cocoa content over 85%.

It is important to note that nutritional needs can vary depending on age, season, health status, and genetic makeup. To find out what works best for your body, we recommend a food sensitivity analysis. Some people do well with 5-10% of their caloric intake from protein type foods (3-6 oz/day), while others may need up to 30% of their diet from protein type foods (up to 24 oz/day). On average, a person does well with 3-4 oz. of protein type foods at each meal. The variation in protein, fat, and carbohydrate levels can be assessed by a variety of symptoms and signs like your energy level, food cravings, mood, blood sugar levels, urine ketones, and your ability to lose and/or maintain weight.

Listen to your body - it will naturally guide you to a proper protein, fat, and carbohydrate balance. Alternatively, try keeping a food journal. Write down what you ate for a meal and how you felt afterwards (i.e. energy levels, mental clarity, upset stomach, etc.). After awhile, you will begin to see a pattern of what foods work best for you.

### Nutrition Suggestions:

**Vegetables:** 4-8 servings/day (multiple colors and varieties per day; 1 cup per serving)

- Artichokes, asparagus, bell peppers, beets, bok choy, broccoli, brussels sprouts, carrots, cauliflower, celery, chard, cucumbers, corn, eggplants, garlic, kale, kohlrabi, lettuce, mushrooms, onions, peas, radishes, snow peas, spinach, string beans, summer squash, tomatoes, turnips, winter squash.
- Eat raw, steamed, baked, or lightly stir fried in one of the fats/oils listed below. To get extra servings of vegetables in a day, consider a vitamix blender you can quickly make delicious vegetable smoothies with. Add green onions, carrots, and garlic to ground beef and burger patties.

**Fruit:** 0-3 servings/day (serving size is 1/2 cup or 1 medium piece of fruit)

- Apples, apricots, avocados, bananas, blackberries, blueberries, cantaloupe, cherries, coconuts, figs, grapes, kiwis, mandarin oranges, mangos, nectarines, olives, oranges, papayas, peaches, pears, pineapples, plums, raspberries, strawberries, tangerines, watermelons.
- Eat fresh, frozen, or dried. Avoid eating canned fruit as it is often packaged in a heavy, sugary syrup.
- Consumption of fruit depends heavily on ones carbohydrate tolerance and sensitivity (CTS).

**Dressings:** 2-4 tbsp. per salad



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- Try flavored vinegars (garlic, ginger) and/or lemon with ground seeds (raw tahini, flax, chia), nuts, avocados, miso or extra virgin olive oil.
- An easy go-to with lots of flavor is a balsamic vinegar and olive oil.

**Tubers:** 0-1 serving/day (small-medium size)

- Yams, sweet potato, regular potato.
- Eat boiled, baked, or steamed.
- Consumption of tubers depends heavily on one's carbohydrate tolerance and sensitivity (CTS).

**Whole Grains:** 0-1 servings/day (1/2 cup serving size)

- Choose organic rice, steel cut oats, or quinoa. Always avoid heavily processed grain flour products.
- Consumption of whole grains depends heavily on one's carbohydrate tolerance and sensitivity (CTS).

**Legumes:** 0-2 cups/day

- Try to avoid canned beans and buy your own from the dispensary bins at Whole Foods, Sprouts, or Natural Grocers.
- Soak the legumes for at least 8-12 hours before cooking. You will need to rinse the legumes a few times a day with fresh water prior to cooking. Rinsing the legumes makes them easier to digest and will prevent the gas and bloating common with beans.
  - If any food makes you gassy, bloated, nauseous, or any other undesirable symptom, please remove the food from your diet temporarily and try introducing it at a later time to see if you can tolerate it better.

**Nuts (raw) and Seeds:** 1-6oz per day (depending on caloric needs)

- Raw Almonds, brazil, cashews, filberts, macadamias, pecans, pistachios, walnuts, chia, flax, sesame, and sunflower seeds. Roasted nuts may be cooked in pro-inflammatory canola oil and have high levels of sodium. Check labels on the nuts you purchase.
- Best consumed raw

**Meat/Eggs:** 3-8oz per meal (depending on age, activity level and health issues)

- Eat free-range, grass-fed, organically fed animals such as lamb, buffalo, beef, venison, elk, ostrich, turkey, chicken, and eggs.

**Fish/Seafood:** 2-3 servings per week (serving size 3-8oz.)

- Eat a variety of fish but wild caught salmon, sardines, trout, halibut, and mackerel are preferred. Make sure to purchase sustainably sourced and wild seafood.
- Best eaten raw, poached, baked, steamed, or broiled.

**Butter/Oil:** 1-2 TBSP.

- Organic butter from grass fed cows, coconut oil, clarified butter (ghee), tallow (beef fat), olive oil.
  - Olive oil should only be cooked at low to medium-low heats (225 degrees and less). Olive oil oxidizes at high temperatures and becomes a trans fat. The oxidation point is well before the smoke point.
  - Kerrygold Irish butter is an excellent choice and available at most supermarkets.



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- At all costs avoid seed and vegetable oils. These include but are not limited to sunflower oil, canola oil, corn oil, soybean oil, grapeseed oil, cottonseed oil, safflower oil, peanut oil, grapeseed oil, sesame oil, rice bran oil, and vegetable oil.

**Sweeteners:** Use in small amounts (less than 1-2 tsp.)

- Raw organic maple syrup, raw honey, monk fruit.
- Avoid refined sugar, NutraSweet, stevia, aspartame, or any other artificial sweeteners. This includes gum and breath sprays/mints that use these products.

**Organ meats:** 1-3 ounces 3 days a week

- Organ meats are nature's multivitamins and have far more vitamins and minerals than eating animal muscle and/or vegetables. Humans were designed to eat the entire animal for optimal health. Throughout history, organs and the bones were the most prized portions of the animal as they gave humans the most energy and nutrition for survival.
- If possible, incorporate different organs into your diet - heart, liver, kidney, spleen, stomach, etc.
- If you simply can't eat them, consider a supplement with encapsulated organs.
- Consuming bone broth or bone marrow once a week will help to build strong bones, ligaments, joints, and skin.

**Spices:** Add whatever spices you enjoy!

- Fresh, high quality spices and herbs provide the most nutritional benefit and the best taste.
  - Turmeric, cinnamon, cumin and thyme are some of our personal favorites

**To Drink:** 3-12 cups of water or herbal tea depending on thirst, (preferably filtered water). Try to limit coffee and alcoholic drinks to 1 glass per day.

No matter your diet, make sure to avoid vegetable/seed oils and processed carbs/sugar. These two are a deadly combination for heart disease, pain, cancer, and numerous other conditions. Do not be afraid to eat healthy fats like the ones we have listed here as they are vital to a healthy you and preventing disease. Additionally, rather than snack, eat complete meals. Each meal should have a palm size portion of protein and at least two fist size portions of veggies. If you eat a starch, keep it to a palm size. Take at least 20 minutes to eat your meal as it is important you feel satisfied after. If you feel hungry all the time and like you are fighting off hunger cravings, try eating more fat, protein, and vegetables at meals to keep you satisfied in between meals. Do not be concerned with calories, only with your quality of food. If you eat high quality food you will eat less calories because nutrient dense foods are filling, while nutrient deficient foods always leave you craving more. When possible, make an effort to eat and enjoy meals with other people. Food is meant to be shared with others and be a fun and social activity.