

ANTI-INFLAMMATORY FOOD PLAN

We commend you for taking an active role in your health and thank you for choosing Thermography for Health NY as your partner in achieving optimal health!

We use integrative approaches to health based on the concept of the 4 levels of healing – Physical, Mental, Emotional and Spiritual – and are providing this anti-inflammatory food plan to support all levels of your being and your healing journey.

FOOD GROUP	FOODS TO INCLUDE	FOODS TO AVOID
Fruits	 Fresh, unsweetened fruits: apples, pears, berries, lemons, limes, avocado	 Fruit juices, bananas, dates, figs, raisins, grapes, mangos and all dried fruits
Vegetables	 All raw, steamed, fresh, juiced or roasted vegetables except for those listed at right. Focus on green vegetables. Greens are nature’s primary medicine. More greens equal more vitamins, more minerals and more phytonutrients.	 Corn, white potatoes, eggplant, creamed vegetables, steak sauce and ketchup, baked beans, peppers (including red, green, yellow, jalapeno, chili, cayenne), curry, pimentos and paprika
Grains	 Rice, millet, quinoa, amaranth, buckwheat, teff, puffed amaranth, puffed millet	 Wheat, corn, barley, spelt, kamut, rye, and any product containing gluten
Bread/Cereal	 Products made from rice, quinoa, millet, lentil, buckwheat, amaranth, sweet potatoes, sprouted grain breads	 Products made from corn, barley, wheat, spelt, kamut, rye or barley
Legumes (Vegetable Protein)	 Tempeh, all legumes, including peas and lentils	 Tofu, soybeans, soy milk, any product made from soy

Nuts and Seeds	 Raw nuts: almonds, cashews, walnuts, sesame (tahini), sunflower seeds, pumpkin seeds, raw nut butters	 Peanuts, peanut butter, roasted nuts
Meat and Fish	 Fresh and frozen fish (low mercury options are always best), free-range chicken, turkey, wild game, lamb, canned water-packed fish. Coconut oil is recommended for sautéing meats and fish.	 Beef, pork, frankfurters, sausage that isn't 100% chicken or turkey, canned meats, smoked meats, shellfish
Dairy	 Organic, free-range eggs, milk substitutes such as unsweetened rice, almond and hemp milk	 Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers, soy milk
Fats	 Coconut oil, cold pressed unrefined olive oil, flaxseed, sunflower, sesame, walnut, grape seed, almond	 Margarine, butter, shortening, processed and hydrogenated oils, canola oil, mayonnaise
Beverages	 Filtered water, decaffeinated herbal teas, mineral waters, coconut water	 Soda, alcohol, fruit juice, coffee, tea, caffeinated beverages in general, including guarana
Spices and Condiments	 Sea salt, pepper, cinnamon, cumin, dill, garlic, ginger, oregano, parsley, rosemary, tarragon, arrowroot, etc.	 Chocolate, ketchup, relish, chutney, soy sauce, BBQ sauce, steak sauce
Sweeteners	 Stevia, fruit juice sweeteners (occasionally), blackstrap molasses	 White or brown sugar, honey, brown rice syrup, sucinate, cane juice, maple syrup, barley malt, date syrup, high fructose corn syrup, carob

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