

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
Beverages	 Coconut water, decaffeinated herbal teas, filtered water, mineral waters	 Alcohol, caffeinated beverages in general, coffee, fruit juice, guarana, soda, tea
Bread/Cereal	 Buckwheat, lentil, millet, products made from amaranth, quinoa, rice, sprouted grain breads, sweet potatoes	 Corn, kamut, products made from barley, rye, spelt, wheat
Dairy	 Almond and hemp milk, milk substitutes such as unsweetened rice, organic free-range eggs	 Butter, cheese, cottage cheese, cream, frozen yogurt, ice cream, milk, non-dairy creamers, soy milk, yogurt
Fats	 Almond, coconut oil, cold pressed unrefined olive oil, flaxseed, grape seed, sesame, sunflower, walnut	 Butter, canola oil, margarine, mayonnaise, processed and hydrogenated oils, shortening
Fruits	 Fresh, unsweetened fruits: apples, avocado, berries, lemons, limes, pears	 All dried fruits, bananas, dates, figs, fruit juices, grapes, mangos, raisins
Grains	 Amaranth, buckwheat, millet, puffed amaranth, puffed millet, quinoa, rice, teff	 Any product containing gluten, barley, corn, kamut, rye, spelt, wheat

Legumes (Vegetable Protein)	 All legumes, including lentils, peas and tempeh	 Any product made from soy, soy beans, soy milk, tofu
Meat and Fish	 Canned water-packed fish, free-range chicken, fresh and frozen fish (low mercury options are always best), lamb, turkey, wild game. Coconut oil is recommended for sautéing meats and fish	 Beef, canned meats, frankfurters, pork, sausage that isn't 100% chicken or turkey, shellfish, smoked meats
Nuts and Seeds	 Raw nuts: almonds, cashews, pumpkin seeds, raw nut butters, sesame (tahini), sunflower seeds, walnuts	 Peanuts, peanut butter, roasted nuts
Spices and Condiments	 Arrowroot, cinnamon, cumin, dill, garlic, ginger, oregano, parsley, pepper, rosemary, sea salt, tarragon, etc.	 BBQ sauce, chocolate, chutney, ketchup, relish, soy sauce, steak sauce
Sweeteners	 Blackstrap molasses, fruit juice sweeteners (occasionally), stevia	 Barley malt, brown rice syrup, cane juice, carob, date syrup, high fructose corn syrup, honey, maple syrup, sucinate, white or brown sugar
Vegetables	 All raw, fresh, juiced or roasted vegetables except for those listed at right, steamed. Focus on green vegetables. Greens are nature's primary medicine. More greens equal more vitamins, more minerals and more phytonutrients.	 Baked beans, corn, creamed vegetables, curry, eggplant, peppers (including cayenne, chili, green, jalapeno, red, yellow), pimentos and paprika, steak sauce and ketchup, white potatoes

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