

Anti-Inflammatory Grocery List



<p>FRUIT Including but not limited to:</p> <p>Apples Lemon/Lime Apricots Melon Avocados Oranges Bananas Peaches Blackberries Pears Cherries Pineapple Cranberries Raspberries Dates/Figs Strawberries Grapefruit Watermelon Grapes ALSO - Dried fruit (limited amounts)</p>	<p>FATS & OILS Clarified butter & Ghee Coconut oil/milk Olive Oil Palm Oil Sesame Oil (cold pressed) Walnut Oil (cold pressed)</p>	<p>SEASONING/FLAVORING Garlic/Shallots Ginger Lemon/Lime Mustard Natural Herbs/Spices (all) Salsa (no sugar) Vinegar</p>
<p>VEGGIES ALL, except white potatoes</p> <p>Artichokes Mushrooms Asparagus Okra Beets Onions (all) Broccoli Parsnips Brussel Sprouts Peppers (all) Cabbage Pumpkins Cauliflower Radish Carrots Seaweed Celery Snap Peas Cucumber Spinach Eggplant Squash (all) Greens (all) Sweet Potato Green Beans Tomato/tomatillo Kale Turnips Lettuce (all) Zucchini</p>	<p>NUTS & SEEDS All <i>except peanuts</i></p> <p>Almonds Brazil Nuts Macadamia Pecans Pine Nuts Pumpkin Seeds Sesame Seeds Sunflower seeds Walnuts</p>	<p>PANTRY ITEMS <i>Minimally processed</i> <i>Including, but not limited to:</i> Applesauce (unsweetened) Olives Pickles Pumpkin Sun dried tomatoes Tomatoes Tomato sauce and paste</p>
	<p>LEAN MEAT, SEAFOOD & EGGS Including but not limited to:</p> <p>Anchovy Beef Chicken Duck Eggs Fish (ALL fish) <i>wild caught is best</i> Game Meats Lamb Pork Shellfish (all) Turkey Veal</p>	<p>BEVERAGES Almond milk Coconut milk/water Coffee Green, White or Herbal tea Mineral water</p> <p>TREATS & SWEETS <i>For occasional use</i> Carob powder Cocoa powder Dark Chocolate Honey Maple Syrup Molasses Palm Sugar</p>

<p>FOODS TO AVOID Candy/junk Dairy Inflammatory grains Legumes (including peanuts) Overally salty foods Processed Foods Refined sugar Refined vegetable oils White potatoes</p>

For more information contact us:

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