

# Anti-Inflammatory - Healthy Immune System Diet

**Protein:** Individuals may have as much protein as required (meat, poultry, fish, and eggs **if no allergy is present** ... many folks with allergies to chicken eggs can eat duck eggs with no adverse effects. Use a [Pulse Test](#) to determine if there is a food sensitivity. Just a few ounces of animal protein a couple times a day will suffice. Target amounts of protein: Adult Men 56 grams/day, Adult Women 46 grams/day, Teenage Boys 52 grams/day, Teenage Girls 46 grams/day, School-aged Children 19-34 grams/day, Babies 10 grams/day. Red meat, pork poultry and seafood average 6-9 grams of protein per ounce. Eggs contain 6-8 grams of protein per egg. Focus on filling up with leafy greens and healthy fats. Fats trigger the brain to feel satisfied after eating. If you do not feel satisfied after eating, there was not enough fat in your meal.

**Vegetables:** No vegetables with high lectin content: such as mushrooms, peppers, potatoes, tomatoes, and eggplant.

Focus on dark leafy greens, and a variety of bright and rich colors. Asparagus, spinach, lettuce, broccoli, beets, cauliflower, carrots, celery, artichokes, garlic, onions, zucchini, yellow squash, rhubarb, cucumbers, turnips, watercress, etc. Eat as much as you want, as you can never eat too many vegetables. Eat some vegetables raw or lightly cooked every day. Avoid starchy vegetables, such as sweet potatoes, yams and corn.

**Grain:** no grains. No glutinous grains: no wheat, barley or rye, no oats. No grain substitutes: no corn, potatoes, rice, tapioca, amaranth, arrowroot, millet, montina, lupin, quinoa, sorghum, taro, teff, chia, nut flours, no bean flours like gram from chickpeas. **Glutinous grains and cross reactive grains can never be re-introduced. After the immune response has been regulated (it take anywhere from 6 months to 3 years to accomplish this) some non-glutinous grains may be tolerated in moderation. Use a Pulse Test to determine which grains will be less reactive for you.**

**Fats:** Eat plenty of wholesome natural fats, such as oils from coconut, sesame, olive, hemp, walnut, flax, etc. Supplemental fish oil is recommended. Avoid all artificial fats and oils, such as hydrogenated or partially hydrogenated oils.

**Fruits:** Be careful with fruits. Only consume fruit at the end of the meal or not at all. When eating fruit, it is also best to eat fruit with the skin on. Eat it with added fat. These tips will aid in regulating blood sugar to promote balance within your body. Fruit is not a necessity. It is recommended you consume most of your fruit during the warmer seasons of the year. Best fruits are berries, apples, pears, avocados, coconuts, peaches, kiwi, guava, and olives. Avoid sweeter fruits: such as bananas, grapes, pineapple, papayas, dried fruits, etc.

**Nuts and Beans:** No nuts - not raw, not roasted, not soaked. No beans. No soy. No seeds except for ground flax seed meal, which can be used to make bread and muffins. **After the immune response has been regulated (it can take anywhere from 6 months to 3 years to accomplish this) some nuts and seeds may be tolerated in moderation.**

**Dairy:** No dairy. No cow's/ sheep's/goat's milk, cheese, butter or cream. "If it comes from a teat, don't eat." Do not use soy cheese or nut cheese as a substitute. Unsweetened Coconut Milk and Unsweetened Coconut Yogurt are the only recommended substitutes. Very carefully clarified butter is allowed because all of the casein and lactose have been removed. Purity Farms brand ghee can be found in most health food stores. Once inflammatory markers are within the functional range for 6 months we will pulse test to determine if your body can tolerate cow, goat or sheep dairy products. **With IBDs and autoimmune issues dairy often can never be re-introduced.**

**Coconut:** this is a great food for you. Use coconut oil, coconut butter, coconut milk, coconut water, coconut manna, coconut flour, etc. The fat contained in coconut milk is very healthy and the milk is non-irritating/anti-inflammatory. The type of canned coconut milk you use and the type of coconut beverage is very important. You must only use the unsweetened, plain, coconut beverage (all others sold contain sugars, which must be avoided). As far as the canned coconut milk goes the only brands that do not contain BPA in the lining of the can are Natural Value and Native Forest. Coconut Beverage refrigerated boxes and tetra packs (unrefrigerated cartons) also do not have BPA in the lining. It is important that you make an effort to avoid BPA whenever you can.

**Sweeteners:** Stevia or Lo Han only. No sugar, artificial sweeteners, honey, maple syrup, etc. After the immune/inflammatory response is modulated honey and maple syrup can usually be re-introduced in moderation.

**Stimulants:** no stimulants such as sugar, caffeine, tobacco, tea and alcohol. No recreational drugs.

**Water:** Drink plenty of fresh, pure water daily. The equation to calculate the water you should drink daily is: (your body weight divided by 2 = # ounces of water to be properly hydrated).

**Tea:** to reduce stress try [Kava Stress Relief](#) tea by YogiTea. To aid sleep try [Soothing Caramel Bedtime](#) tea by YogiTea. Contact Vanessa to have an herbal tea formulated specifically for your needs.