

## Your Daily Inflammation Score Card

### Inflammation Elevating Foods

- Sugar (by many pseudo names including those ending in -ose)
- Saturated Fats (pizza, cheese, fatty meat products, full fat dairy)
- Trans Fats (look for “partially hydrogenated oils” in ingredients)
- Omega 6 Fats (corn, sunflower, grapeseed, soy, peanut, vegetable oils, mayonnaise, and many salad dressings contain one or more of these)
- Refined Carbohydrates (“white” carbs and starches)
- MSG (in prepared soups, salad dressings, deli meats, as well as Asian foods)
- Gluten (wheat, rye, barley and many foods made with these)
- Dairy (whey and casein both in milk, yogurt, cheese)
- Eggs
- Aspartame (and other artificial sugars)
- Alcohol
- Nightshade vegetables (test eggplant, peppers, tomatoes to see if you flare or feel better removing these foods)
- Fluoridated or chlorinated drinking water

### Inflammation Lowering Foods

- Fish (salmon, tuna, sardines, scallops)
- Grass-fed beef, lamb (contain Omega 3 fats)
- Nuts (Walnuts, pistachios, almonds)
- Fruits and Veggies (berries, cherries, citrus fruits, green leafy veggies and colorful non-starchy veggies)
- Olive, Avocado, and Walnut Oils
- Beans (red kidney and pinto)
- Bone broth
- Coconut products (oil, raw coconut, kefir)
- Fermented foods (sauerkraut, pickled beets, kimchi)
- Hemp seeds, ground flax (added to foods)
- Fish Oil Supplement
- Spices: turmeric, ginger

Check off the things you’re doing on a *daily* basis that increase and lower inflammation. The goal, of course, is to keep inflammation causing foods low and those inflammation-reducing foods high. In general, the more you avoid processed foods and exchange for whole foods, the better. Yet, certain whole foods can also trigger inflammation.