



Gluten-Free Anti-Inflammatory Diet

General Guidelines

- Try and eat only organically grown foods as they have 2-5 times more nutrients than non-organic foods and are also exposed to far less pesticides.
- Consume 4-6 small meals throughout the day
- The foods listed below are just examples of foods to eat. Try to compose meals of approximately 40% complex carbohydrates, 30% lean healthy protein and 30% healthy unsaturated fats. Each meal should be composed of complex carbohydrates, lean protein and healthy fats.
- Try not to eat any one food more than 5 times per week. Plan your meals ahead of time and find at least 10 recipes you enjoy.

Foods To Avoid	
All animal milks	All gluten containing foods
Commercial eggs	Any processed foods
Citrus fruits	All caffeinated tea, drinks
Peanuts/peanut butter	All corn products
Non-organic red meat	Tomatoes
All animal cheeses	All dried fruit
Potatoes	Fried foods
Eggplant	Alcohol
All peppers	All fruit juices

Steamed Vegetables

- Lightly steamed vegetables maintain their vitamin and mineral content and are easier on the digestive system. Use minimal raw vegetables except as a salad with meals.
- Include green vegetables every day
- Eat a variety of vegetables (except tomatoes, potatoes, green peppers, eggplant) that you are able to tolerate. It is best to eat more of the lower carbohydrate (non-starchy) vegetables to maintain blood sugar levels.
- A little reminder – You cannot overeat on these vegetables
- Add your favourite spices to enhance the taste of the vegetables

Vegetables – highly recommended (non-starchy)			Vegetables – recommended (starchy)	
Cabbage	Spinach	Mushrooms	Artichoke	Squash
Asparagus	Swiss chard	(except white	Beets- raw	Sweet potatoes
Bok choy	Watercress	button types)	Carrots- raw	Yams
Broccoli	Mustard	Parsley	Green beans	Tomatillos
Brussels sprouts	Purslane	Onions	Parsnip	Rutabaga
Cauliflower	DARK LEAFY	Turnips	Legumes	Pumpkin
Celery	GREENS (collard,	Zucchini		
Fennel	dandelion, kale,	Kohlrabi		
Endive	lettuce)	Chives		
Cucumber				



Grains

- Eat one to two cups of the tolerable cooked grains per day
- ALLOWED grains include:
 - o Amaranth, arrowroot, bean flours, buckwheat, millet, nut flours, quinoa, brown or wild rice, sorghum, soy flour, tapioca, taro, xanthan gum (helps flours stick)
 - o other grains that may be included are barley, oats, rye, teff, kamut, and spelt.

Legumes

- Eat a variety of any legumes that you are able to tolerate:
 - o Split peas, lentils, kidney beans, fermented soy beans (tempeh or miso), mung beans, garbanzo beans, adzuki beans
 - o Soak for 48-72 hours and cook slowly

Fish

- Poach, bake, steam or broil deep-sea cold-water wild ocean fish:
 - o Cod, haddock, halibut, Pollock, sardines, sole, summer flounder, tilapia, salmon
 - o Eat No farmed fish
 - o Shellfish (shrimp, lobster, crab, clam) in moderation

Chicken/Turkey and Eggs

- Bake, broil, steam skinless free-range or organically grown chicken/turkey
- Eat only free-range or organically grown chicken/turkey. Do not eat the skin
- Bake, broil, steam
- Free-range or organically grown eggs no more than 4x/week only if you have no sensitivities/allergies to them.

Red Meat

- All free-range, grass-fed animals including lamb, buffalo, venison, elk and beef are OK
- Eat no more than 3x/week

Dairy

- AVOID all dairy products
- If no known dairy sensitivity exists, the following foods are permissible in cooking:
 - o Organic butter, organic whole yoghurt, un-denatured whey powder

Fruit

- Eat 2 pieces of fruit per day
- Anything that tastes sweet may raise insulin levels which may aggravate insulin resistance, perpetuating the cravings for sweets and contributing to further insulin resistance problems. The one exception is blueberries as they balance blood sugar.
- Fruits are cooling & should therefore be eaten in greater quantities in the summer.

Fruits – Highly recommended (lower carbohydrate %)			Fruits – in moderation (higher carbohydrate %)	Fruits – Avoid (inflammatory)
Apple	Cranberries	Raspberries	Banana	Citrus fruits Dried fruits (high in sugar)
Apricot	Grapes	Rhubarb	Figs	
Avocado	Peach	Strawberries	Prunes	
Blackberries	Pear	Other super-	Melons	
Blueberries	Plum	fruits: goji,	Kiwi	
Cantaloupe	Papaya	acai, noni,	Pineapple	
Cherries	Pomegranate	mangosteen	Mango	

Sweeteners



- Occasional maple syrup, raw honey or stevia (unless otherwise suggested) – use only with meals
- Absolutely No sugar, NutraSweet, Splenda, sorbitol, Sucralose, Aspartame or any other artificial sweetener is allowed

Seeds and Nuts

- Seeds and nuts are excellent sources of good fat and protein
- Grind flax, pumpkin, sesame or sunflower seeds and add to meals.
- Almonds, walnuts, hazelnuts, pecans and macadamia Brazil nuts make great snacks
- You may also use nut and seed butters – almond, brazil, cashew, sesame etc.
- Avoid peanuts and peanut butter

Butters/Oils

- Use extra virgin olive oil to provide flavor to steamed vegetables, salad dressing and sauces (After cooking processes only). Organic Sunbutter (sunflower) is a nice alternative.
- Small quantities of organic butter or ghee is ok.
- "Better Butter": Mix together 1lb of organic butter and 1 cup of extra virgin olive oil; whip at room temperature and store in the refrigerator
- If frying, use a thin film of water or small amounts of organic coconut oil or butter

Spices

- To add flavor to your food choices, add whatever spices you enjoy
 - o Garlic, turmeric, cumin, fennel, black pepper, cardamom

Drinks

- Drink lots of pure water. A MINIMUM of 7-8 glasses of spring, mineral, glacial or filtered water everyday
- Sip the water, try to drink 1 glass/hour
- Milk alternatives include rice or almond milk. Use unsweetened kinds.
- When physically active, water intake should be substantially increased

Foods With Hidden Sources of Gluten		
Barley	Einkorn	Mustard powder (some)
Beer (stout, lager, non-alcoholic beer)	Faro	Oats (contamination with gluten)
Most broths	Grain spirits	Pastas (except gluten-free pasta)
Brown rice syrup (frequently made from barley)	Hard candy	Processed meats and dried meats
Breading	Hydrolyzed vegetable protein	Semolina
Bulgar	Imitation seafood or bacon	Spelt
Caramel color	Jelly beans	Starch and vegetable starch
Couscous	Kamut	Teff
Croutons	Licorice	Tritcale
Soy sauce	Malt	Rye
Stock and gravy cubes	Malt vinegar	Wheat germ
Dextrin (usually corn)	Modified starch or thickeners	Wheat and wheat flour