

# Total Peak Health

## Anti-Inflammation Foods



### Proteins



Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred.

- Fish: halibut, herring, mackerel, salmon, sardines, tuna, etc.-1 oz
- Meat: all wild game, buffalo, elk, lamb, venison-1 oz
- Poultry (skinless): chicken, Cornish hen, turkey-1 oz
- Spirulina-2 T
- Protein Powder: Check label for # grams/scoop (1 protein serving = 7 g protein) hemp, pea, rice

1 serving as listed - 35-75 calories, 5-7 g protein, 3-5 g fat, 0-4 g carbs. Average protein serving is 3-4 oz

Eliminate: Beef/veal, canned meats, cold cuts, eggs, frankfurters, pork, shellfish, whey, soy (miso, natto, tempeh, tofu, textured vegetable protein).



### Legumes

Organic, non-GMO preferred

- Bean soups-3/4 c
- Dried beans, peas, or lentils (cooked)-1/2 c
- Flour, legume-1/4 c
- Green peas (cooked)-1/2 c
- Hummus or other bean dip-1/3 c
- Refried beans, vegetarian-1/2 c

1 serving = 90-110 calories, 3-7 g protein, 0 fat, 15 g carbs

Eliminate: Soybean products (edamame, miso, soy sauce, tamari, tempeh, tofu, soy milk, soy yogurt, textured vegetable protein).



### Dairy & Alternatives

Unsweetened, organic preferred

- Kefir: coconut (plain)-4-6 oz
- Milk: almond, coconut, flaxseed, hazelnut, hemp, rice-8 oz
- Yogurt: coconut (cultured)-4-6 oz

1 serving = 25-90 calories, 1-9 g protein, 1-4 g carbs (nutritional values vary)

Eliminate: Butter, cheese, cottage cheese, cream, frozen yogurt, ice cream, milk, non-dairy creamers, soy milk, yogurt (dairy and soy), whey.



### Nuts & Seeds

Unsweetened, unsalted, organic preferred

- Almonds-6
- Brazil nuts-2
- Cashews-6
- Chia seeds-1 T
- Coconut (dried)-3 T
- Flax seeds (ground)-2 T
- Hazelnuts-5
- Hemp seeds-1 T
- Macadamias-2-3
- Nut and seed butters-1/2 T
- Pecan halves-4
- Pine nuts-1 T
- Pistachios-16
- Pumpkin seeds-1 T
- Sesame seeds-1 T
- Sunflower seeds-1 T
- Walnut halves-4

1 serving - 45 calories, 5 g fat

Eliminate: Mixed nuts (with peanuts), peanuts, peanut butter.



### Fats & Oils

Minimally refined, cold-pressed, organic, non-GMO preferred

- Avocado-2 T or 1/8 whole
- Coconut milk, regular (canned)-1 1/2 T
- Coconut milk, light (canned)-3 T
- Ghee/clarified butter (grass-fed)-1 t
- Olives: black, green, kalamata-8
- Oils, cooking: avocado, coconut, grapeseed, olive (extra virgin), rice bran, sesame-1 t
- Oils, salad: almond, avocado, flaxseed, grapeseed, hempseed, olive (extra virgin), pumpkin, safflower (high-oleic), sesame, sunflower (high oleic), walnut-1 t
- Prepared salad dressing with acceptable oils-2 T

1 serving - 45 calories, 5 g fat

Eliminate: Butter, corn oil, cottonseed oil, margarine/spreads, mayonnaise, peanut oil, shortening, soybean oil.

● = High Histamine ■ = Fermented Foods ▲ = Nightshades

Nutritional information is based on average values for the variety of foods within each food category. Dietary prescription is subject to the discretion of the health practitioner.



# Vegetables - non-starchy



Organic, non-GMO, vegetables, herbs and spices preferred

- Artichoke
- Arugula
- Asparagus
- Bamboo shoots
- Beets (cubed)
- Bok choy
- Broccoli Flower
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celeriac root
- Celery
- Chard/Swiss Chard
- Chervil
- Chives
- Cilantro
- Cucumbers
- Daikon radishes
- Eggplant ●▲
- Endive
- Escarole
- Fennel
- Fermented vegetables: kimchi, pickles, sauerkraut, etc. ●■
- Garlic
- Green beans
- Greens: beet, collard, dandelion, kale, mustard, turnip, etc.
- Horseradish
- Jicama
- Kohlrabi
- Leeks
- Lettuce, all
- Microgreens
- Mushrooms ●
- Okra
- Onions
- Parsley
- Peppers, all ▲
- Radicchio
- Radishes
- Salsa ●▲
- Sea vegetables
- Scallions
- Shallots
- Snap peas/snow peas
- Spinach ●
- Sprouts, all
- Squash: delicata, pumpkin, ● spaghetti, yellow, zucchini, etc.
- Tomato ●▲
- Tomato juice-3/4 c ●▲
- Turnips
- Vegetable juice-3/4 c
- Water chestnuts
- Watercress

1 serving = 1/2 c, 1 c raw greens = 25 calories, 5 g carbs.



# Vegetables - Starchy

Organic, non-GMO preferred

- Acorn squash (cubed)-1 c
- Butternut squash (cubed)-1 c
- Plantain-1/3 c or 1/2 whole
- Potato: Purple, red, sweet, white, yellow-1/2 med
- Potatoes (mashed, made with non-dairy milk)-1/2 c
- Yam-1/2 medium
- Root vegetables: parsnip, rutabaga-1/2 c

1 serving = 80 calories, 15 g carbs. Eliminate: Corn, potato (if avoiding nightshades).



# Gluten-Free Grains

Unsweetened, sprouted, organic preferred. Servings are for cooked amounts.

- Amaranth-3/4 c
- Brown rice cakes-2
- Buckwheat/Kasha-1/2 c
- Crackers: nut, seed, rice-3-4
- Flours for baking: arrowroot, sorghum, tapioca-3 T
- Millet-1/2 c
- Oats: rolled, steel-cut-1/2 c
- Quinoa-1/2 c
- Rice-1/3 c
- Teff-3/4 c

1 serving = 75-110 calories, 15 g carbs. Eliminate: Barley, corn, emmer, farro, kamut, rye, spelt, triticale, wheat..



# Fruit - Carbs

Unsweetened, organic, non-GMO preferred

- Apple-1 small
- Applesauce-1/2 c
- Apricots-4
- Banana-1/2 medium
- Blackberries-3/4 c
- Blueberries-3/4 c
- Dried fruit (no sulfites)-2 T ●
- Figs-3
- Grapefruit-1/2 med
- Grapes-15
- Juices (diluted)-1/2 c
- Kiwi-1 medium
- Kumquats-4
- Lemon-1
- Lime-1
- Melon, all-1 c
- Mango-1/2 small
- Nectarine-1 small
- Orange-1 medium
- Papaya-1 c
- Peach-1 small
- Pear-1 small
- Persimmon-1/2
- Pineapple-3/4 c
- Plums-2 small
- Pomegranate seeds-1/2 c
- Prunes-3 medium
- Raisins-2 T
- Raspberries-1 c ●
- Tangerines-2 small

1 serving = 60 calories, 15 g carbs. Eliminate: Citrus fruits (if directed by your healthcare provider).



# Beverages, Spices Condiments

Unsweetened, no sugar added

- Filtered water
- Sparkling/mineral water
- Unsweetened coconut water
- Green tea
- Fresh juiced fruits/vegetables
- Herbs and spices, all
- Condiments: mustard, ● vinegars ●■ -use sparingly, suggest 1 T or less per serving

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**TOTAL PEAK  
HEALTH**  
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# THE IMPORTANCE OF AN ANTI-INFLAMMATORY DIET

PEAK ORTHAPEDIC PHYSICAL THERAPY  
[HTTPS://PEAKORTHOPT.COM/](https://peakorthoPT.com/)



## What is an anti-inflammatory diet?

Selecting and eating foods that help **reduce inflammation** and maintain **peak health and wellness**

Helps provide **steady and ample** vitamins, minerals, essential fatty acids, fiber, anti-oxidants, and other **protective phytonutrients**

These anti-oxidants block **harmful chemical reactions** caused by poor dietary choices, internal toxins, **medications**, stress, and **lack of exercise** or movement.

Most people will benefit from the guidelines of an anti-inflammatory diet. While it may not be a magic cure, it will help ease inflammation and pain.

Best for those with chronic pain, acute injuries, post-operative pain, swelling, or generally feeling unwell.

Peak  Health & Fitness

# WHAT TO EAT

Fruits and vegetables: Go for variety and lots of color! **Vitamin K** in leafy greens like spinach and kale curb inflammation along with others. The substance that gives certain fruits their colors also helps fight inflammation.



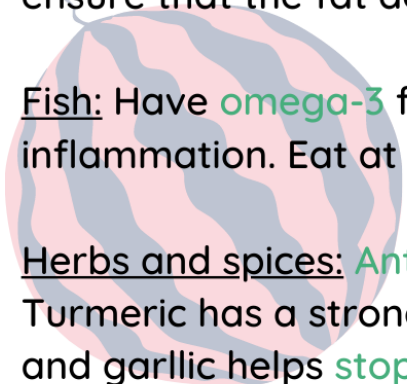
Whole grains: Tend to be high in **fiber**, helping fight inflammation.

Beans: High in **fiber** and loaded with **anti-oxidants** and other anti-inflammatory substances.

Nuts: **Healthy kind of fat** to help fight inflammation. Stick to a handful of nuts a day to ensure that the fat doesn't build up!

Fish: Have **omega-3** fatty acids to help fight inflammation. Eat at least twice a week.

Herbs and spices: **Antioxidants** and flavor. Turmeric has a strong substance called **curcumin**, and garlic helps **stop inflammatory chemicals**.



# WHAT NOT TO EAT

Sweets, cakes, cookies, and soda: Not dense in nutrients and easy to overeat. Can lead to **weight gain**, **high blood sugar** and **high cholesterol**, all of which lead to inflammation. Sugar also triggers **inflammatory messengers**.

High fat and processed red meat: Lots of **saturated fat**.

Butter, whole milk, and cheese: Lots of **saturated fat**.

Fried foods: Them being fried in vegetable oil does not make them healthy, for it is loaded with **omega-6s**. Too many omega-6s lead to inflammation.

Trans fats: Raise **LDL cholesterol**, causing inflammation.

Wheat, rye, barley: **Gluten** can cause issues for those with and without celiac disease.

