



Dr. Heidi Lescanec ND

NATUROPATHIC MEDICINE & CULINARY NUTRITION

The ANTI-INFLAMMATORY DIET

Every day we make food choices that can lighten our load and help balance out the pro and anti-inflammatory compounds in our body.

FOODS TO AVOID

- Meats, fish, and poultry raised on antibiotics or hormone
- Farmed fish (always opt for wild)
- Fish with high mercury content (for example: shark, swordfish, tuna, chilean bass, orange roughy, marlin, king mackerel)
- Non-organic—rather opt for organic, local produce when possible
- Dairy, gluten, peanuts, sugar, soy, eggs

FOODS TO INCLUDE

- Plants!
 - o Include an abundance of nutrient rich vegetables and fruits (8-10 servings per day) with skins for fiber and extra nutrition
- Fermented foods
 - o Kimchi, sauerkraut, kefir, active culture yogurt, kombucha
- Wild fish and poultry
 - o Meat raised without antibiotics or hormones, and wild caught (not farmed) fish
- Omega-3 rich foods
 - o Cold water fish (for example: salmon, cod, halibut, herring, mackerel)
 - o Nuts and seeds (ground flaxseeds, chia seeds, walnuts)
- “Good” fats
 - o Hemp seeds, avocado, coconut and olive oil, nuts and seeds, nut butters