



Anti-inflammatory Eating Plan

To maximize your healing and outcomes, we are providing you with these eating guidelines that look to limit the inflammatory responses that accompany eating certain foods. These guidelines promote an overall healthy lifestyle, so our providers recommend them to most of our patients. If you have had or will have a regenerative medicine injection or IV infusion as part of your care, these guidelines are of special importance. For your regenerative medicine therapies to work their best, our doctors are asking you to follow this eating plan during your care plan. Ideally, they encourage its use even after your care plan is complete.

DARK LEAFY GREENS	PEPPERS	ROOT VEGETABLES	GREEN VEGETABLES	GROUND MEAT
Spinach Kale Swiss Chard Mustard Greens Escarole Turnip Greens Arugula Beet Greens Watercress Collard Greens	Green Bell Yellow Bell Red Bell Poblano Jalapeno Cubanelle	Carrot Celery Root Parsnip Turnip Beet Garlic	Asparagus Broccoli Zucchini	Pork Chicken Turkey Beef <i>(organic, grass fed)</i>
	POTATOES	MILKS	FRUIT	NUTS
	Russet Yukon Gold Red Sweet Potato	Cow (unpasteurized) Oat Soy Almond Cashew Coconut	Blueberries Cherries Apples Cherries Gooseberries Tomatoes Avocado	Almonds Cashews Pistachios Walnuts
SOFT SUGARS	GRAIN	SPICES	FISH	MISC
Raw Maple syrup Honey Coconut Sugar Agave <i>(light or dark)</i>	Brown rice Jasmine rice Oats Whole grains Quinoa Chia Seeds	Tumeric Ginger Rosemary	Salmon <i>(Wild-caught)</i> Tuna <i>(Packed in oil)</i>	Miso Mushrooms Mushroom Broth Coconut Oil Green Tea

The food on this list is only *some* of the foods that are allowed and they do not need to be the only thing you eat. You can search for other “Anti-Inflammatory” foods & recipes on Google for more options to give yourself an enjoyable and sustainable eating plan just for you.

Beyond focusing on the plethora of *allowed* food, it is important that you **avoid** the following:

- Canned foods
- Processed white sugar
- Bleached white flour
- Frozen dinners
- Alcohol
- Dairy

The key is ***moderation***. We understand that consuming some processed foods and/or alcohol may happen—and that is okay; However, the closer you stick to this eating plan and the other recommendations on your Care Plan, the better your outcome.

Please let us know if you have any questions. ***We are here to help you!***