



## PAIN AND SLEEP Therapy Center

### LOW INFLAMMATORY GUIDELINES

#### THE FOLLOWING FOODS ARE LOW INFLAMMATORY:

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|---|--|
| <b>Meats</b><br>(Chicken, Beef, Turkey, Pork, Lamb, Venison, Seafood) | <b>Oatmeal</b><br>(Gluten Free)  |
| <b>Vegetables/Salads</b><br>(Refer to favorable food list)            | <b>Nuts and Natural Nut Butters</b><br>(No sugar added)                          |
| <b>Dried Beans</b><br>(Black, Red, Kidney, Pinto Beans & Lentils)     | <b>Coffee and Herbal Teas</b><br>(No artificially decaffeinated beverages)       |
| <b>Eggs</b><br>(Boiled, Poached, Scrambled or Fried with Coconut Oil) | <b>Perrier and flavored waters</b><br>(No sugar and artificial sweeteners added) |
| <b>Acceptable Flours</b><br>(Almond, Coconut, Oat, & Rice)            | <b>Almond/Coconut Milk</b><br>(Unsweetened)                                      |
|   | <b>Sweet-n-Natural and Stevia Liquid</b>   |

#### THE FOLLOWING FOODS ARE INFLAMMATORY (Try to Avoid):

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|---|---|
| <b>No Milk or Milk Products</b><br>(Cheese, Yogurt, Greek Yogurt, Sour Cream, Ice Cream & Milk Based Dressings) | <b>No Artificial Sweeteners</b><br>(NutraSweet, Sweet-N-Low, Equal & Splenda)   |
| <b>No Bread or Baked Goods</b><br>(Cereals, Crackers, Biscuits, Rolls, & Tortillas)                             | <b>No Soft Drinks</b><br>(Zevia is permitted as made with Stevia)   |
| <b>No Grains</b><br>(Corn, Wheat, Rye, Millet, Rice & Barley)   | <b>No Alcohol</b>   |
| <b>No Potatoes</b>  | <b>No Vinegar</b>   |
| <b>No Pasta</b>   | <b>Apple Cider vinegar is permissible</b><br>(Pickles, Green Olives, Salad Dressings, Soy Sauce, Mustard, Mayo, Ketchup, Salsa, Etc.) |
| <b>No Mushrooms</b>   | <b>No Vegetable Shortening, Margarine, or Partially Hydrogenated Oils</b>   |
| <b>No Sugar</b><br>(Honey, Syrup, or Agave Nectar)  |   |

### CONTACT US

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## FAVORABLE

<u>Meats/Proteins</u>	Broccoli	Onions	Grapefruit	Oil
Chicken Breast	Brussel Sprouts	Pinto Beans	Pear	Cold Pressed
Eggs	Cabbage	Radishes	Plum	Olive Oil
Lean Low-Fat Beef	Carrots (in moderation)	Spaghetti	Raspberries	Olives (black only)
Seafood	Cauliflower	Squash	Strawberries	Peanut Oil
Turkey Breast	Celery	Spinach	Tangerine	Peanut Butter
Veal	Cucumber	Swiss Chard	Honeydew	(unsweetened)
Venison	Chickpeas	Tomato	Kiwi	Nut Butter
Wild Game	Collard Greens	Turnip Greens	Lemon	(unsweetened)
<u>Vegetables</u>	Eggplant	Turnips	Lime	Nuts & Seeds
Alfalfa	Green Pepper	Yellow Squash	Nectarine	Almonds
Sprouts	Hummus	Zucchini	Orange	Cashews
Artichoke	Jicama	<u>Fruits</u>	Peach	Macadamia
Asparagus	Kale	Apple	<u>Grains</u>	Nuts
Bean Sprouts	Kidney Beans	Applesauce (unsweetened)	Oatmeal (only in recipies)	Peanuts
Black Beans	Leeks	Apricots	<u>Fats</u>	Pistachios
Green/Wax Beans	Lentils	Blackberries	Avocados	Pumpkin Seeds
Bok Choy	Lettuce	Blueberries	Virgin Coconut	Walnuts

## FAIR

<u>Meats/Proteins</u>	Chicken- Dark (No skin)	Ham- Deli Style	Pork Chop
Canadian Bacon-Lean	Corned Beef- Lean Duck	Ham- Lean	Turkey-Dark (No Skin)
		Lamb- Lean	Turkey Bacon
		Pork-Lean	

## AVOID

<u>Meats/Proteins</u>	Tofu	Refried Beans	Papaya	Sugar
Bacon	<u>Vegetables</u>	Sweet Potatoes	Pineapple	<u>Miscellaneous</u>
Beef- Fatty Cuts	Acorn Squash	<u>Fruits</u>	Prunes	Mushrooms
Bologna	Baked Beans	Bananas	Raisins	<u>Milk or Milk Products</u>
Hot Dogs (any meat)	Beets	Cranberries	Watermelon	Greek Yogurt
Kielbasa	Butternut	Dates	<u>Grains</u>	Hard Cheeses
Liver	Squash	Figs	Rice (white or brown)	Ice Cream
Pepperoni	Corn	Fruit Juices	<u>Sweeteners</u>	Milk-Based Dressings
Pork Sausage	Lima Beans	Grapes	Agave Nectar	Sour Cream
Salami	Parsnips	Guava	Brown Sugar	Yogurt
Soy Products	Peas	Kumquat	Honey	
	Potatoes	Mango		

## MEAL PLANNING: A GUIDE TO BALANCING YOUR MEALS

When eating your meals, eat the protein portion first. This cuts down on overeating carbohydrates.

Drink at least eight 8 ounce glasses of water daily, including one glass before every meal. To burn fat, you will need to drink water. This also decreases your hunger.

Favorable fats and oils (or essential fatty acids) are vital for the maintenance of cell membranes and formation of prostaglandins, which regulate almost all cellular activities. These essential fatty acids are also necessary for the prevention and treatment of heart

disease, hypertension, elevated cholesterol, weight loss, arthritis, skin disorders, cancers, and even premenstrual syndrome.

Treat your snacks like a miniature meal with 1 food from each food group- 1 protein, 1 complex carbohydrate, and 1 fat.

If you desire a life of health and wellness, one of the first steps must be to discard your old habits and replace them with healthy lifestyle changes. Throw out the old Food Guide Pyramid and begin using the new Balanced Food Pyramid as your meal planning guide.