

NO FOODS: EAT LESS - INFLAMMATORY -

1. Sugar - White Sugar, Brown Sugar, Agave Syrup, Pancake Syrup, High Fructose Corn Syrup (HFCS) etc.
2. Artificial Sweeteners - Aspartame, Splenda etc.
3. Vegetable Oil - Canola, Sunflower, Cottonseed, Olive Oil in Clear Bottles
4. Trans Fats- Margarine, Hydrogenated or Partially Hydrogenated Fats, Deep Fried Foods
5. Dairy - Cheese, Ice-Cream, Yougurt, Milk, Cream etc.

6. Eggs - From Conventionally Raised Caged Chickens
7. Salmon, Farmed
8. Tuna - high in mercury which is inflammatory
9. Conventionally/Feedlot Raised Beef and Chicken
10. Processed Meats - Deli Meats, Sausages etc.

11. Alcohol - Wine, Cocktails, Beer, Cider, Hard Liquor
12. Refined Grains
13. Gluten Containing Grains - Wheat, Barley, Rye
14. Food Additives - MSG, Preservatives, Food Coloring/Flavorings etc.
15. Foods you are or may be allergic or sensitive to.
Common allergens are gluten, dairy, eggs, corn and soy.

NO: fast food,
processed,
packaged, deep
fried and caution
with restaurant
food.

Eat.Live.Cool. 

ANTI-INFLAMMATORY RECIPES + LIVING

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