



New Beginnings
Functional Medicine Clinic

NewBeginningsFMC.com

Goals of anti-inflammatory diet:

- Decreasing inflammation
- Start reading nutritional labels especially the list of ingredients, which is located on the back of products
- Products may look all natural on the front, but to see if they are really healthy for you, read the ingredients. If you don't know how to pronounce a word or know what the ingredient is—it is probably not something you should be putting in your body
- You will need to eat every 2-3 hours while being on the anti-inflammatory/elimination diet. Most of the foods that you can eat are low in calories and we want to make sure that you are getting enough calories daily
- Important to drink enough water daily. General rule is to drink 1/2 of your body weight in ounces.
- Make sure to eat protein with every meal. Goal is to get 7-13 servings of vegetables per day. One serving size is 1/2 cup
- How to be successful on the anti-inflammatory/elimination diet: take time to plan out what your meals are going to be for one week including your snacks. Make a shopping list and then take time to make several meals ahead of time and place in a single serving container and either refrigerate them or freeze them. You may also have to take a cooler with you if you go certain places