



New Beginnings Functional Medicine Clinic

NewBeginningsFMC.com

Anti-inflammatory/Elimination Diet

Foods to Eat:

- Herbal teas and/or decaffeinated green teas
- Quinoa and Buckwheat (NOTHING that contains wheat or gluten additives)
- Sweet potatoes
- Fresh fruits and vegetables (frozen without preservatives)
- Sea salt (e.g. Hawaiian salt, Himalayan salt)
- Individual spices (usually the combination spices have preservatives and additives)
- Peas
- Beans (e.g. Navy, white, kidney, garbanzo, black etc.)—Can also use canned beans that are preserved with sea salt. Recommend BPA free cans
- Fish (No shellfish)
- Lean chicken, turkey, & lamb
- Olive oil, coconut oil and/or flax seed oil
- Unsweetened coconut milk, unsweetened almond milk, unsweetened macadamia nut or unsweetened cashew milk
- Raw nuts & seeds: cashews, almonds, macadamia nuts, sunflower seeds, pecans, walnuts, pumpkin seeds

Foods to Avoid:

- Any food you already know you do not do well with or are allergic to
- Dairy (no milk, cheese, yogurt, ghee, butter, margarine, shortening, goat milk)
- Eggs
- Gluten (no wheat, oats, rye, barley which are typically found in breads, pasta, cereals)
- Tomatoes, tomato sauce or anything with tomatoes
- Dehydrated fruit (usually has preservatives and sugar)
- Rice
- Corn
- Potatoes
- Alcohol
- Coffee, black tea, soda
- Fruit juices
- Iodized salt (table)
- Sugar, natural & artificial sweeteners (this includes brown sugar, honey, stevia, Splenda, agave, monk fruit)
- Soy or products containing soy (including Tofu)
- Beef, pork, shellfish, cold cuts, bacon, hot dogs, canned meat, sausage
- Lentils, chocolate, dates, peanuts

