

## ANTI-INFLAMMATORY Shopping Guide

# PROTEIN

*\*Quality sources whenever possible, depending on availability and budget*

### Ruminants

*\*100% grass-fed/grass-finished, organic*

- ☐ Beef
- ☐ Bison
- ☐ Elk
- ☐ Goat
- ☐ Lamb
- ☐ Venison
- ☐ \_\_\_\_\_

### Non-Ruminants

*\*Organic, pastured or pasture-raised*

- ☐ Pork
- ☐ Rabbit
- ☐ Wild Boar
- ☐ \_\_\_\_\_

### Poultry

*\*Organic, pastured or pasture-raised*

- ☐ Chicken
- ☐ Duck
- ☐ Pheasant
- ☐ Quail
- ☐ Turkey
- ☐ \_\_\_\_\_

### Eggs

*\*Organic, pastured or pasture-raised*

- ☐ Chicken
- ☐ Duck
- ☐ Goose
- ☐ Quail

### Seafood

*\*Wild-caught*

- ☐ Crab
- ☐ Fish
- ☐ Lobster
- ☐ Oysters
- ☐ Scallops
- ☐ Shrimp
- ☐ \_\_\_\_\_

### Processed Meats

*\*Organic; pastured or pasture-raised; 100% grass-fed; free of added chemicals, sugar, MSG, carrageenan*

- ☐ Bacon
- ☐ Lunch or Deli Meat
- ☐ Sausage

# FATS

*\*Quality fats and oils; look for pastured, organic, raw butter; pastured, 100% grass-fed, organic animal fats; and organic, extra-virgin, unrefined, and cold-pressed oils*

### For Cooking

- ☐ Animal Fat (lard, tallow, duck fat)
- ☐ Avocado Oil<sup>†</sup>
- ☐ Butter
- ☐ Coconut Oil
- ☐ Ghee
- ☐ Macadamia Nut Oil<sup>†</sup>
- ☐ Olive Oil<sup>†</sup>
- ☐ Palm Oil
- ☐ Low-heat only

### Other Fats for Eating *\*Organic when possible*

- ☐ Avocado
- ☐ Coconut Butter
- ☐ Coconut Milk
- ☐ Coconut Flakes
- ☐ Flax Oil
- ☐ Nuts/Seeds
- ☐ Almonds
- ☐ Brazil Nuts
- ☐ Cashews
- ☐ Macadamia Nuts
- ☐ Pecans
- ☐ Pistachios
- ☐ Pumpkin Seeds
- ☐ Sesame Seeds
- ☐ Sunflower Seeds
- ☐ Walnuts
- ☐ Nut Butters (e.g., almond, sunflower seed; use sparingly)
- ☐ Olives
- ☐ Pumpkin Seed Oil
- ☐ Sesame Oil
- ☐ Walnut Oil
- ☐ \_\_\_\_\_

# VEGETABLES

*\*Organic when possible*

- ☐ Artichoke
- ☐ Arugula
- ☐ Asparagus
- ☐ Avocado
- ☐ Beets
- ☐ Bell Peppers<sup>‡</sup>
- ☐ Bok Choy
- ☐ Broccoli
- ☐ Brussels Sprouts
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Celery Root
- ☐ Collard Greens
- ☐ Cucumber
- ☐ Eggplant<sup>‡</sup>
- ☐ Fennel
- ☐ Green Beans
- ☐ Jicama
- ☐ Kale
- ☐ Leeks
- ☐ Lettuce (variety)
- ☐ Mushrooms
- ☐ Mustard Greens
- ☐ Okra
- ☐ Onions
- ☐ Parsnip
- ☐ Pumpkin
- ☐ Radishes
- ☐ Rhubarb
- ☐ Rutabaga
- ☐ Snow Peas
- ☐ Spinach
- ☐ Squash: Acorn
- ☐ Squash: Butternut
- ☐ Squash: Delicata
- ☐ Squash: Other (e.g., Patty Pan)
- ☐ Squash: Spaghetti
- ☐ Squash: Yellow; Summer
- ☐ Sugar Snap Peas
- ☐ Sweet Potato/Yam
- ☐ Swiss Chard
- ☐ Tomatoes<sup>‡</sup>
- ☐ Turnips
- ☐ Zucchini
- ☐ \_\_\_\_\_
- ☐ Nightshades<sup>‡</sup>

# FRUITS

*\*Organic when possible; limit dried fruit due to high sugar content*

- ☐ Apples
- ☐ Apricots
- ☐ Bananas
- ☐ Blackberries
- ☐ Blueberries
- ☐ Cantaloupe
- ☐ Cherries
- ☐ Dates
- ☐ Figs
- ☐ Grapefruit
- ☐ Grapes
- ☐ Honeydew Melon
- ☐ Kiwi
- ☐ Lemons
- ☐ Limes
- ☐ Mangoes
- ☐ Nectarines
- ☐ Papaya
- ☐ Peaches
- ☐ Pears
- ☐ Pineapple
- ☐ Plums
- ☐ Pomegranate
- ☐ Raspberries
- ☐ Strawberries
- ☐ Tangerines
- ☐ Watermelon
- ☐ \_\_\_\_\_

# HERBS&SPICES

*\*Organic when possible (some available fresh as well as dried)*

- ☐ Allspice
- ☐ Anise
- ☐ Basil
- ☐ Caraway
- ☐ Cardamom
- ☐ Cayenne
- ☐ Chili Powder
- ☐ Chinese 5-Spice
- ☐ Chipotle
- ☐ Cilantro
- ☐ Cinnamon
- ☐ Clove
- ☐ Coriander
- ☐ Cumin
- ☐ Curry Powder
- ☐ Dill
- ☐ Fennel Seeds
- ☐ Fenugreek
- ☐ Garam Masala
- ☐ Garlic
- ☐ Ginger
- ☐ Marjoram
- ☐ Nutmeg
- ☐ Onion powder
- ☐ Oregano
- ☐ Paprika
- ☐ Parsley
- ☐ Peppermint
- ☐ Rosemary
- ☐ Sage
- ☐ Tarragon
- ☐ Thyme
- ☐ Turmeric
- ☐ \_\_\_\_\_

# CONDIMENTS+

*\*Organic when possible, avoid added sugar and additives; read labels*

- ☐ Apple Cider Vinegar (raw, unpasteurized)
- ☐ Balsamic Vinegar
- ☐ Capers
- ☐ Coconut Aminos (alternative to soy sauce)
- ☐ Lemon Juice
- ☐ Lime Juice
- ☐ Mustard
- ☐ Pepper
- ☐ Salsa
- ☐ Sea Salt
- ☐ Tomato Paste
- ☐ Tomato Sauce
- ☐ \_\_\_\_\_