



BARE MEDICINE

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ANTI-INFLAMMATORY FOOD CHOICES CHART

Try to eat as many organically grown foods as possible as they have more nutrients and tend to decrease exposure to unhealthy chemicals. You don't need to limit your amount, but try for ¼ of your plate protein and at least half of your plate veggies. In other words, try to compose meals of approximately 40% carbohydrates, 30% protein, and 30% healthy fats. Do not eat any 1 food more than 5 times per week as that could lead to food sensitivity or intolerance. Plan your meals ahead of time and try to find at least 10 recipes you enjoy. Once you find several you like, you can rotate them on a weekly basis.

A good rule of thumb for veggies and fruit is to stick to those low in glycemic index (you'll find percentages below). Foods like yams and sweet potatoes with a high glycemic index (GI) convert to sugar quickly and should be eaten in moderation. Foods like greens with a low glycemic index convert to sugar more steadily and therefore can be eaten as often as you like.

FOOD CATEGORY	FOODS TO EAT	FOODS TO AVOID
<p>Vegetables: Eat mostly lower carbohydrate vegetables in the 3% to 6% (GI) category. Lower GI foods turn to sugar more steadily in the body. This reduces spikes and valleys in blood sugar. Steaming vegetables improves the absorption of the nutrients in food allowing the gut mucosa to repair itself. Try to eat at least 1-2 cups of green vegetables per day.</p>	<p>3%: Asparagus, bean sprouts, beet greens, broccoli, red and green cabbage, cauliflower, celery, Swiss chard, cucumber, endive, lettuce (green, red, romaine, mixed greens), mustard and dandelion greens, radishes, spinach, and watercress.</p> <p>6%: String beans, beets, bok choy, Brussels sprouts, chives, collards, eggplant, kale, kohlrabi, leeks, onion, parsley, red pepper, pumpkin, rutabagas, turnips, and zucchini</p> <p>15%: Artichokes, parsnips, green peas, squashes, and carrots</p> <p>20%+: Yams and sweet potatoes</p>	<p>Tomatoes Potatoes Egg plant Green peppers Corn White/yellow potatoes</p>

FOOD CATEGORY	FOODS TO EAT	FOODS TO AVOID
<p>Grains: Eat 1-2 cups of cooked grains per day unless you have high blood pressure, high cholesterol, diabetes, or are overweight.</p>	<p>Amaranth, barley, buckwheat, millet, oatmeal, quinoa, basmati or brown rice, rye, and teff. Rice crackers and wasa crackers are also o.k.</p>	<p>All wheat products including breads, cereals, white flour, and pasta made from wheat.</p>
<p>Seafood: Deep sea, cold water fish are an excellent source of essential fatty acids (good fats) and should be eaten 3-4 times per week poached, broiled or baked.</p>	<p>Anchovies, herring, wild Alaskan salmon, sardines, striped bass, tilapia Once a month: cod, halibut, mackerel, pollock, tuna (if you are pregnant, you may NOT have any tuna due to mercury)</p>	<p>Shellfish: Shrimp, crab, lobster, and clams.</p> <p>Most Atlantic and farmed fish have high levels of contaminants and are over-fished</p>
<p>Meat: Eating protein with every meal helps to regulate blood sugar and keep you satiated.</p>	<p>Eat only the meat and not the skin of organic or free-range chicken and turkey. Wild game, venison, elk, and lamb are also good.</p>	<p>Beef Pork Some organic, grass-fed beef/buffalo is OK in small amounts</p>
<p>Spices</p>	<p>Add any favorite spice to enhance the flavor of your food. Sea salt in moderation.</p>	<p>Spices don't mean sugar!</p>
<p>Fruit: Eat only 1-2 pieces of low GI fruit per day. It is best to eat the fruit baked such as a baked apple or pear. Fruit juice is NOT recommended because it doesn't have the fiber to slow the sugar release into the blood. Thus, it's like pure sugar going into your blood stream.</p>	<p>3%: Cantaloupe, rhubarb, melons, and strawberries 6%: Apricot, blackberries, cranberries, papaya, peach, plum, raspberries, and kiwi 15%: Apple, blueberries, cherries, grapes, pear, pineapple, pomegranate 20%: banana, figs, and prunes</p>	<p>Citrus fruits. Lemon is OK</p> <p>Non-organic strawberries, grapes, peaches, apples, pears and nectarines (these have the highest pesticide use)</p>
<p>Sweeteners: Use sweeteners only occasionally – this means at MOST, 2-3 times per week</p>	<p>Pure maple syrup, brown rice syrup, raw honey, or stevia.</p>	<p>Absolutely no sugar, high-fructose corn syrup, Splenda, Nutra-sweet, or any other artificial sweetener is allowed.</p>
<p>Butter and oils</p>	<p>Mix 1 lb. organic butter with 1 cup extra virgin olive oil to use as a spread. Store in refrigerator. Use olive oil only for medium-heat cooking, coconut oil only for baking or high heat cooking. Animal fat from organic meats is also ok for med-high heat cooking.</p>	<p>Flax seed oil, hydrogenated oils (including partially hydrogenated), canola oil, vegetable oil, shortening – these oils are all oxidized and therefore “trans-fat,” i.e. pro-cancer</p>

FOOD CATEGORY	FOODS TO EAT	FOODS TO AVOID
<p>Nuts and seeds Combine a nut butter with a higher carbohydrate food to slow insulin release and stabilize blood sugar (apples and almond butter).</p>	<p>Grind flax, pumpkin, sesame, or sunflower seeds and add to steamed vegetables, cooked grains, smoothies etc. Most nuts and seeds are ok including nut butters.</p>	<p>Peanuts and peanut butter.</p>
<p>Drinks</p>	<p>Minimum of 1/2 your weight in ounces per day of filtered WATER (unless you have a condition where you need to moderate your fluids). A small amount of homemade rice, oat, almond, or soy milk is ok. Hemp milk, coconut milk (whole fat only), green tea, matcha tea. Herbal teas can be great coffee and juice substitutes.</p>	<p>Coffee, soda, juice, black teas, or alcohol.</p> <p>Packaged soy, rice, almond or oat milk is NOT allowed. They are over-processed and rarely have the nutrition of a homemade version. Most soymilk is made from genetically modified soybeans.</p>
<p>Miscellaneous</p>	<p>Natto, miso, tempeh, edamame (organic soybeans) are allowed in moderation, Bragg's Amino Acids, sea vegetables, seaweed</p>	<p>Corn products (meal, starch & syrup) Tofu and other processed soy Hydrogenated oils and trans-fats Processed foods Fried foods</p>

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This way of eating is not only a great way to prevent disease, but it also significantly reduces any inflammation commonly found in those suffering from conditions such as rheumatoid arthritis and other autoimmune conditions, allergies, eczema and psoriasis, irritable bowel, diabetes, heart disease, cancer, chronic pain and more...here's to eating well!