

Top 5 Anti Inflammatory foods

1. Cooked Asian Mushrooms: Shiitake, Maitake, Oyster, Enoki
 - a. Unlimited amounts

2. Whole Soy: edamame, tofu, tempeh, soy milk; not isolated
 - a. 1 – 2 servings a day
 - b. Not soy derivatives (like fake meat)
 - c. Not isolated (check your protein powders)

3. Cruciferous Vegetables
 - a. Unlimited amounts but at least 4 – 5 servings a day
 - b. Cabbage, cauliflower, kale

4. Healthy Fats
 - a. 5 – 7 servings a day
 - b. Olive oil
 - c. Ground flaxseeds
 - d. Nuts
 - e. Avocado

5. Whole Grains & Cracked Grains
 - a. 2 – 3 servings a day
 - b. Will not raise your blood sugar like pulverized grains
 - c. Basmati rice, wild rice, buckwheat, barley, quinoa
 - d. Regular semolina cooked al dente; no double portions

*Dr. Andrew Weil recommends many other foods such as berries and black cod, etc. This specific list was compiled after an appearance on the Dr. Oz show in 2010.

*More information about Dr. Weil's food pyramid can be found here: <http://www.drweil.com/drw/u/ART02012/anti-inflammatory-diet>