Anti-Inflammatory Food Pyramid

Andrew Weil, MD, created an Anti-Inflammatory Food Pyramid to help people make optimal food choices every day.



HEALTHY SWEETS (such as plain dark chocolate) Sparingly

RED WINE (optional) No more than 1-2 glasses a day



SUPPLEMENTS DARY

TEA (white, green, colong) 2-4 cups a day



HEALTHY HERBS & SPICES (such as gartic, ginger, turmeric, cinnamon) Unlimited amounts

OTHER SOURCES OF PROTEIN (high quality natural cheeses and yogurt, omega-3 enriched eggs, skinless poultry, lean meats) 1-2 a week



COOKED ASIAN MUSHROOMS Unlimited amounts

WHOLE SOY FOODS (edamame, soy nuts, soymilk, tofu, tempeh) 1-2 a day





FISH & SEAFOOD (wild Alaskan salmon, Alaskan black cod, sandines) 2-6 a week

HEALTHY FATS (extra virgin otive oil, expeller-pressed canola oil, nuts - especially walnuts, avocados, seeds - including hemp seeds and freshly ground flaxseeds) 5-7 a day





WHOLE & CRACKED GRAINS 3-5 a day



PASTA (al dente) 2-3 a week



BEANS & LEGUMES 1-2 a day



VEGETABLES (both raw and cooked, from all parts of the color spectrum, organic when possible) 4-5 a day minimum



FRUITS (tresh in season or frozen, organic when possible) 3-4 a day - REPRESEND COUNTRY OF WANDERSON, CO.

Inflammation Food Guide Pyramid

Michael Brown

Inflammation Food Guide Pyramid:

Immerse yourself in heartwarming tales of love and emotion with is touching creation, **Inflammation Food Guide Pyramid**. This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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