

GUIDE TO CLEAN EATING



M-15 Family Medical Center

AVOID / LIMIT:	EAT MORE OF:
Refined, boxed & processed foods / snacks Stripped of nutrients, full of additives, & often contain preservatives and hidden sugars.	Whole foods / snacks One-ingredient, nutrient-rich foods that do not need a label. Try raw nuts (almonds & walnuts are great options).
Gluten Especially from processed sources.	Gluten-free carbs Quinoa, potatoes & legumes are great sources.
Genetically-Modified, Pesticide-Laden Wheat Products Processed breads, pastas, cereals, cookies, cakes, pizza, etc.	Sourdough bread or whole grains. Simple ingredients, easier to digest, and gut-healthy.
Conventional produce & canned foods Full of pesticides! Canned foods are extremely high in sodium.	Organic produce & berries (fresh or frozen) Buying organic reduces exposure to pesticides & fertilizers. Organic berries are packed with antioxidants & low in sugars!
Refined sugars & high fructose corn syrup Found in soda & many packaged products.	Raw honey & organic maple syrup Natural sweeteners (in moderation, of course).
Farm raised fish Often treated with antibiotics, increases exposure to contaminants such as pesticides, and contain lower nutritional value.	Wild-caught fish Richer in omega-3s & devoid of toxins.
Deli meat / cold cuts Increases risk of heart disease and cancer (actually considered <i>carcinogenic</i> by the World Health Organization!)	Grass-fed meats Better nutritional value, leaner, less fat content & more omega-3s than grain-fed meat products.
Fried foods and packaged chips Packed with seed oils (soybean, canola, corn, sunflower, etc.) which are highly processed and are known to cause inflammation.	Healthy fats Single-sourced avocado oil, extra virgin olive oil, grass-fed butter and ghee are the best options.
ALCOHOL!!!	Pickled & fermented foods Great for gut health! Can also curb sweet cravings.

ANTI-INFLAMMATORY DIET RECOMMENDATIONS

Whole plant foods

- Vegetables
- Fruit
- Whole grains
- Beans & lentils
- Nuts and seeds
- Herbs and spices
- Extra virgin olive oil
- Tea & coffee

Cooked mushrooms

- White button
- Crimini
- Shiitake
- Enoki
- Maitake
- Oyster mushrooms

Foods high in omega-3 fats

- Walnuts
- Ground flax seeds
- Salmon
- Mackerel
- Anchovies
- Sardines
- Herring
- Chia seeds