

Foods to eat

Meats And Proteins

- Lean poultry (chicken breast, turkey breast)
- Eggs (preferably free-range or omega-3 enriched)
- Tofu
- Tempeh
- Milkshake
- Grass-fed beef (in moderation)
- Beans (preferably green-bean)
- Beans
- Wild-caught fish or Atlantic haddock

Fish

- Salmon
- Sardines
- Mackerel
- Tuna
- Mackerel
- Atlantic sea
- Cod
- Mullet
- Tuna
- Tilapia

Vegetables

- Leafy greens (spinach, kale, Swiss chard, arugula, green)
- Cauliflower and Broccoli (green)
- Red, yellow, and orange peppers (red, yellow, green)
- Celery
- Broccoli
- Tomatoes
- Cucumbers
- Brussels sprouts
- Cabbage
- Corn and Chilies
- Beetroot
- Asparagus
- Artichokes and Eggplants
- Zucchini
- Radishes
- Turnips
- Leeks

Herbs And Spices

- Turmeric
- Curcumin
- Cinnamon
- Cayenne pepper
- Black pepper
- Cloves
- Rosemary
- Thyme
- Basil

Whole Grains

- Oats
- Brown rice
- Quinoa
- Barley
- Buckwheat
- Millet
- Pearl
- Bulgur
- Amaranth
- Mixed wheat

Fruits

- Berries (strawberries, blueberries, raspberries, blackberries)
- Cherries
- Oranges
- Pineapple
- Papaya
- Watermelon
- Kiwi
- Apples
- Pears
- Grapes

Nuts And Seeds

- Almonds
- Walnuts
- Peanut butter
- Chia seeds
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds
- Pistachios
- Cashews

Anti-inflammatory

Beverages

- Green tea
- Turmeric latte (made with almond milk or coconut milk)
- Ginger tea
- Tart cherry juice
- Miso hot tea
- Cold brew coffee (unsweetened, unsweetened, unsweetened)
- Beet juice
- Pomegranate juice
- Water infused with cucumber and lemon
- Matcha tea like chamomile or peppermint

Condiments

- Olive oil
- Apple cider vinegar
- Balsamic vinegar
- Mustard
- Garlic paste
- Mustard (preferably whole grain)
- Soy sauce (preferably low-sodium or tamari)
- Lemon juice
- Yakult
- Miso paste

Healthy Fats

- Extra virgin olive oil
- Avocado oil
- Coconut oil
- Flaxseed oil
- Walnut oil
- Almond butter
- Cashew butter
- Chia seeds
- Flax seeds
- Walnut seeds
- Olive

Fermented Foods

- Yogurt
- Kefir
- Sauerkraut
- Kimchi

Processed Foods

- Fast food (burgers, fries, chicken nuggets)
- Packaged snacks (chips, pretzels, potato puffs)
- Frozen meals (pizza, spaghetti, TV dinners)
- Convenience foods (canned soups, instant noodle, canned pasta)
- Hot dogs
- Canned beef

Refined Carbohydrates

- White bread
- White rice
- Pasta made with refined wheat
- Pancakes (instant, frozen, doughnuts, muffins)
- Breakfast cereals high in sugar and refined grains

Sugary Foods And Beverages

- Soda
- Fruit juices with added sugar
- Sweetened iced tea
- Candy bars
- Chocolate with high sugar content

Trans Fats And Unhealthy Fats

- Margarine
- Vegetable shortening
- Deep-fried foods (French fries, fried chicken, onion rings)
- Processed meats like hot dogs, sausages, salami
- Some doughnuts and donuts

Omega-6 Rich Oils

- Soybean oil
- Corn oil
- Sunflower oil
- Safflower oil
- Canola seed oil

Foods High In Refined Sugars

- Pancakes
- Breakfast cereals with added sugar
- Sugary snacks (candy, cookies, sweetened granola bars)
- Frozen yogurt with added sugar
- Desserts (cakes, pies, cookies)

High-Saturated Fat Foods

- Fatty cuts of meat (steak, pork belly)
- Processed meats (sausage, bacon)
- Full-fat dairy products (whole milk, cheese)
- Butter
- Palm oil

Dairy Products

- Whole milk
- Cheese
- Full-fat yogurt
- Cheddar (especially high-fat varieties like cheddar and brie)
- Flavored yogurt with added sugar
- Sweetened condensed milk
- Cream cheese spreads with added flavors
- Full-fat sour cream
- Margarine

Foods to avoid

High-Sodium Foods

- Processed meats (deli meats, bacon, sausage)
- Canned soups
- Pickles
- Salted nuts and seeds
- Canned vegetables with added salt

High-Glycemic Index Foods

- Instant rice
- Corn flakes
- Crispy rice
- Instant noodle
- Condensed milk
- White bread
- White rice
- Instant oatmeal
- Cornflakes
- Polished rice cereal
- Instant mashed potatoes
- Pretzels
- Blueberries
- Bagels
- White pasta

Nightshade Vegetables

- Tomatoes
- Eggplants
- Red, green, yellow peppers
- Potatoes (white potatoes)
- Paprika
- Pimentos
- Tomatillos

Excessive Alcohol

- Beer
- Wine
- Spirits (vodka, whiskey, rum)
- Liquors
- Cocktails with sugary mixers

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Jianjun Gao



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