

Foods to eat

Meats And Proteins

- Lean poultry (chicken breast, turkey breast)
- Eggs (preferably free-range or omega-3 enriched)
- Tofu
- Tempeh
- Silken tofu
- Grass-fed beef (in moderation)
- Lamb (preferably grass-fed)
- Beans
- Wild-caught fish or shellfish legs

Fish

- Salmon
- Sardines
- Mackerel
- Tuna
- Herring
- Anchovies
- Cod
- Mullet
- Tuna
- Tilapia

Vegetables

- Leafy greens (spinach, kale, Swiss chard, arugula, broccoli)
- Cruciferous (and Brussels sprouts)
- Bell peppers (red, yellow, green)
- Celery
- Broccoli
- Tomatoes
- Carrots
- Brussels sprouts
- Cabbage
- Cauliflower and Chives
- Sweet potatoes
- Asparagus
- Artichokes and Eggplants
- Zucchini
- Radishes
- Turnips
- Lentils

Herbs And Spices

- Turmeric
- Ginger
- Garlic
- Cloves
- Cayenne pepper
- Black pepper
- Cilantro
- Rosemary
- Thyme
- Basil

Whole Grains

- Oats
- Brown rice
- Quinoa
- Barley
- Buckwheat
- Millet
- Farro
- Bulgur
- Amaranth
- Wild rice

Fruits

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

Nuts And Seeds

- Almonds
- Walnuts
- Pistachios
- Chia seeds
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds
- Peas
- Cashews

Anti-inflammatory

Beverages

- Green tea
- Turmeric latte (made with almond milk or coconut milk)
- Ginger tea
- Tart cherry juice
- Matcha tea
- Cold brew coffee (dairy-free or almond milk)
- Beet juice
- Pomegranate juice
- Water infused with cucumber and lemon
- Herbal teas like chamomile or peppermint

Condiments

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

Healthy Fats

- Extra virgin olive oil
- Avocado oil
- Coconut oil
- Flaxseed oil
- Walnut oil
- Almond butter
- Cashew butter
- Chia seeds
- Hemp seeds
- Olives

Fermented Foods

- Yogurt
- Kefir
- Sauerkraut
- Kimchi

Processed Foods

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

Refined Carbohydrates

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

Sugary Foods And Beverages

- Soda
- Fruit juices with added sugar
- Sweetened condiments
- 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 (hot dogs, sausages, jerky)
- Store-bought pie crusts and doughs

Omega-6 Rich Oils

- Soybean oil
- Canola oil
- Sunflower oil
- Safflower oil
- Cornseed oil

Foods High In Refined Sugars

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

High-Saturated Fat Foods

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

Dairy Products

- Whole milk
- Cream
- Full-fat yogurt
- Cheese (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

High-Sodium Foods

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

High-Glycemic Index Foods

- Instant rice
- White bread
- Cereals
- Condensed milk
- White bread
- Instant noodle
- Cornflakes
- Refined rice cereal
- Instant mashed potatoes
- Pretzels
- Rice cakes
- Bagels
- White pasta

Nightshade Vegetables

- Tomatoes
- Eggplants
- Bell peppers (red, green, yellow)
- Potatoes (white potatoes)
- Peppers
- Pineapples
- Tomatoes

Excessive Alcohol

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

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web er data models er data models design a whole database using entities and relationships remember this is not a relational data model so a relationship is not necessarily a relation we will use pictures to demonstrate the full database model

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web connectivity the classification of the relationship between entities classifications include 1 1 1 m and m n derived attribute an attribute that does not physically exist within the entity and is derived via an algorithm for example the age attribute might be derived by subtracting the birth date from the current date existence dependent

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web the entity relationship model entity relationship schema describes data requirements for a new information system direct easy to understand graphical notation translates readily to relational schema for database design but more abstract than relational schema e g can represent an entity without knowing its properties

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web database systems design implementation and management chapter 4 entity relationship er modeling hafiz talha ashfaq 007 in this chapter students will learn the main characteristics of entity relationship components how relationships between entities are defined refined and incorporated into the database design process how

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web ianwheeler93 entity relationship model erm forms the basis of an er diagram entity relationship diagram erd represents conceptual database as viewed by end user entities attributes and relationships corresponds to a table and not to a row in relational environment in chen and crow s foot models represented by rectangle with name

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