

LOW INFLAMMATORY DIET – FOODS TO AVOID



PROTEIN FOODS

MEATS AND POULTRY

Pork and Bacon
Processed Deli Meats
Sausages
Frankfurts

SEAFOOD

Shellfish, Oysters
Prawns
Crabs
Lobster
Tuna
Swordfish, Billfish
Shark
Large Mackerel

DAIRY & EGGS

Cows Milk (See Beneficial Foods)
Cheese (See Beneficial Foods)
Ice Cream
Cream
Powdered Milk

BEANS & LEGUMES

All are fine to eat

NUTS & SEEDS

Peanuts
Peanut Butter

CARBOHYDRATE FOODS

BREAD

All made from Processed wheat inc:
bread, cakes, crackers, biscuits, pasta,
pies, sausage rolls.

CEREALS & GRAINS

All cereals containing processed wheat

YEAST & SUGAR

Packaged & processed foods have hidden
sugar. PLEASE read the labels. AVOID yeast,
sugar, preservatives, artificial flavours,
additives, sweeteners & colours,
commercially prepared condiments eg vinegar

VEGETABLES / SALADS

Potato (Nightshade Family)
Tomato
Capsicum
Eggplant
Chilli
Canned & Frozen Vegetables

FRUIT

Dried Fruit (contains Sulphur)

CONFECTIONARY

Chocolate, all Lollies, Chips

SPICES / CONDIMENTS

Chilli
Tomato/BBQ Sauce
Hot Sauce
Pickles
Mayonnaise
Hot Curry
Satay

FLUIDS

Coffee
Tea
Alcohol
All Soft Drink
Cordial
Milk (see Beneficial Foods)
Commercial Juice

OILS & FATS

Margarine
Trans Fats
Shortening
Canola Oil
Vegetable Oil
Butter
Commercial Salad Dressing
Fat Free Salad Dressing

REMEMBER:

Rainbow Diet Rule;

Include as many different colours by way of fruit, vegetables and salad in your diet every day.

100 Year Diet Rule;

If the food you are eating, wasn't available 100 years ago, it is most likely processed with added fats, sugars and preservatives and you shouldn't be eating it now.

YOU ARE WHAT YOU EAT



7 Maroske Road
Plainland Q 4341
Ph. 07 5411 4017
E: admin@c2c.com.au