Anti-Cytokine Meal Planner

Fruits Ranked by Sugar Content (Low-Carb Fruits)

BEST	LIMIT OR AVOID
Lime 1.1 grams of sugar per fruit Lemon 1.5 grams of sugar per fruit Rhubarb: 1.3 grams of sugar per cup. Apricots: 3.2 grams of sugar per small apricot. Cranberries: 4 grams of sugar per cup. Guavas: 4.9 grams of sugar per fruit. Raspberries: 5 grams of sugar per cup. Kiwifruit: 6 grams of sugar per fruit. Blackberries 7 grams of sugar per cup Strawberries: 7 grams of sugar per cup. Figs, fresh: 8 grams sugar per fresh medium fig. Figs, dried: 5-12 grams of sugar per fig. Grapefruit: 8 grams of sugar per grapefruit half. Cantaloupes: 8 grams of sugar per large wedge. Tangerines: 9 grams sugar per medium fruit.	Nectarines: 11.3 grams sugar in small nectarine. Papaya: 12 grams of sugar in one small papaya. Oranges: 12 grams of sugar in a medium orange. Honeydew: 13 grams of sugar per wedge Cherries: 13 grams of sugar per cup. Peaches: 13 grams of sugar per medium peach. Blueberries: 15 grams of sugar per cup. Grapes: 15 grams of sugar per cup. Pineapple: 16 grams of sugar per slice. Pears: 17 grams of sugar per medium pear. Bananas: 17 grams of sugar per large banana. Watermelon: 18 grams of sugar per wedge. Apple: 19 grams of sugar in a small apple. Pomegranates: 39 grams sugar per fruit. Mangos: 46 grams of sugar per fruit Prunes 66 grams of sugar per cup Raisins 86 grams of sugar per cup Dates 93 grams of sugar per cup

LIMIT OR AVOID

1. Saturated Fats - avoid because they trigger adipose (fatty tissue) inflammation. Beef, lamb, pork, chicken with skin, cream, butter, cheese, lard, processed meat
2. Trans fats - they trigger systemic inflammation. Examples: margarine, fried foods, processed foods, frozen breakfast foods, cookies, donuts, crackers, any product listing “partially hydrogenated oils” as an ingredient.
3. Refined Carbohydrates - these high glycemic foods trigger the body to make Advanced Glycation End Products (AGE) that stimulate inflammation. These include white flour, white rice, white potatoes, many breakfast cereals.
4. Mono-sodium glutamate (MSG) - avoid this ingredient because it triggers inflammation.
5. Gluten without natural yeast - avoid this because it causes inflammation. Found in wheat, barley, rye.
6. Casein - avoid in excess because it can stimulate inflammation. Casein is found in whey protein products.
7. Aspartame - artificial sweetener) in some people it acts as an antigen and triggers inflammation.
8. Alcohol - avoid because excess use can cause inflammation of the liver and other organs.
9. Sugary foods, honey, fruit juice (spike cytokines)

EAT THESE (several daily because they are anti-inflammatory):

- Amaranth all are packed with fiber that helps produce butyrate
- Asian mushrooms Shiitake, enokitake, maitake, oyster mushrooms
- Barley
- Basmati rice
- Beans (resistant starch, high fiber, high protein)
- Bean thread noodles
- Beets (high in betaine, a beneficial betalain pigment)
- Black-eyed peas
- Blueberries and any dark colored fruits because they are high in anthocyanins
- Bone broth - high in glucosamine, anti-inflammatory amino acids glycine and proline, natural probiotic gelatin

EAT THESE (continued)

- Broccoli (high in vitamin K and glucosinolate which the body converts to I3C, strongly anti-inflammatory).
- Bromelain extract (an extract from pineapple) a strong anti-inflammatory without the sugar of the fruit
- Brown rice (high in fiber to produce butyrate, releases acetate to signal fullness)
- Brussels sprouts, cabbage, bok choy, cauliflower, collard greens, kale
- Buckwheat groats or noodles
- Cacao 70 percent or high (is anti-inflammatory)
- Carrots
- Chickpeas, lentils,
- Cinnamon
- Edimame
- Eggs - source of vitamin d, which fights inflammation
- Flax seeds
- Foods rich in the polyphenol called resveratrol which decreases inflammatory free radicals.
- Foods rich in vitamin C because this decreases inflammatory free radicals.
- Garlic - stimulate anti-inflammatory proteins
- Ginger (high in gingerols, an anti-inflammatory compound)
- Green tea (high in epigallocatechin gallate, an anti-inflammatory)
- Ground up chia seeds (high in omega 3 fatty acids, protein, fiber)
- Hemp seeds
- Kamut—or Khorasan wheat
- Lean meats
- Low sugar fruits
- Millet (high in fiber to produce butyrate, releases acetate to signal fullness)
- Miso, tofu and other soy products (high in isoflavones which tamp down cytokine activity)
- Natural pectin - a great prebiotic
- Nuts and nut butters
- Oats (a resistant starch probiotic leads to butyrate.
- Oils that are good: extra virgin olive, coconut, sunflower, cold-pressed canola oil, avocado
- Omega-3 fatty acids
- Onions
- Peas
- Popcorn
- Quinoa (high in fiber to produce butyrate, releases acetate to signal fullness)
- Raw salad greens
- Red peppers (high in quercetin and luteolin)
- Rosemary - carnosic acid and carnosol, two polyphenolic compounds
- Shellfish of all kinds (high in copper, zinc, manganese, omega-3s)
- Spinach (high in vitamin e)
- Squash
- Steel-cut oats
- Sunlight - produces vitamin d, which fights inflammation
- Swiss chard
- Turmeric (high in curcumin)
- Unsweetened natural yogurt (probiotic that breaks foods into fatty acids)
- Water (de-chlorinated)
- Whole grains of all kinds - high in vitamin B which reduces the inflammatory hormone homocysteine in the body.
- Whole wheat noodles
- Wild Alaskan salmon (especially sockeye), herring, sardines, and black cod (sablefish)