

Food Choices to Kickstart Your Immunity and Reduce Inflammation



Disclaimer

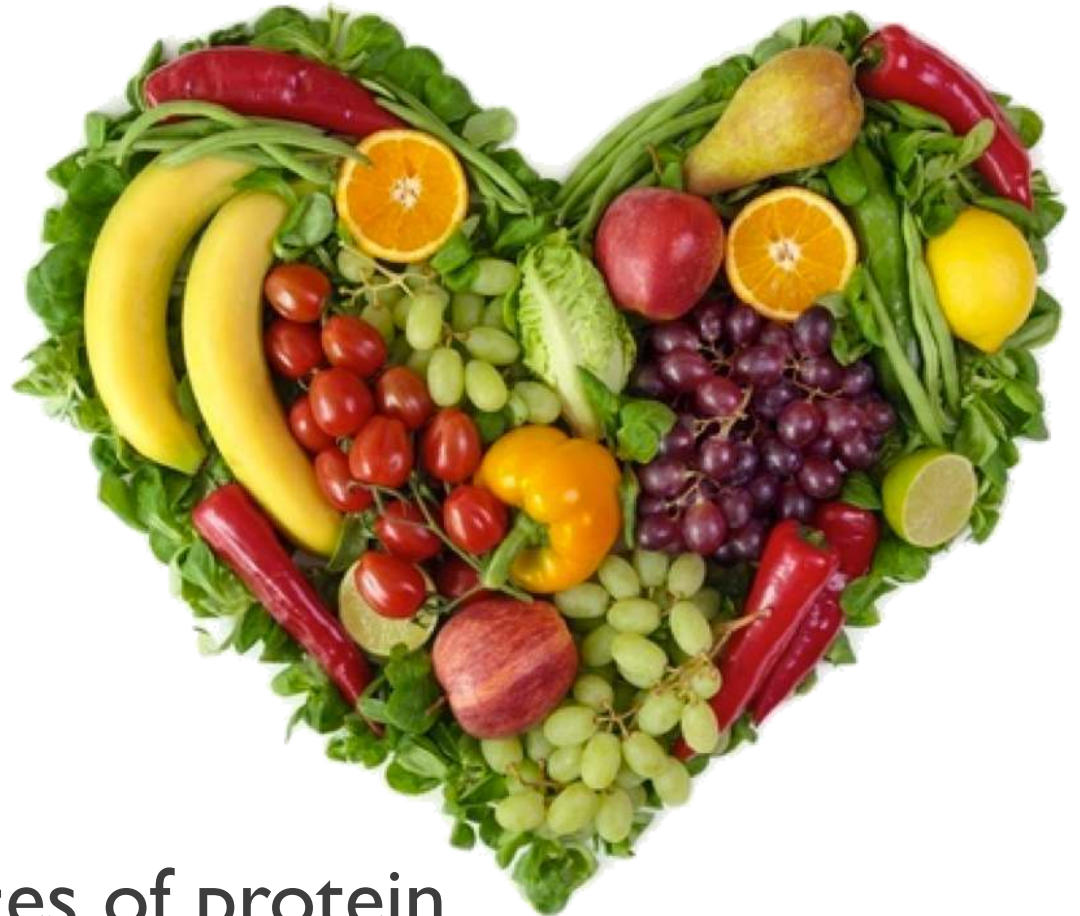
You should not rely on this information as a substitute or replacement for professional medical advice, diagnosis, or treatment. These statements have not been evaluated by the Food and Drug Administration. If you have any concerns or questions about your health, you should always consult your health-care practitioner.

Everyone is biochemically unique. Different foods may have different responses in your body than in someone else's body. It's important to always pay attention to your body's responses and adjust your diet accordingly.

Nutrient-Dense, Whole Food Diet

Eat

- Fruits (1-2/day)
- Vegetables
- Nuts
- Seeds
- Healthy fats
- Lean, quality sources of protein



Vegetables (5-9 Servings/day)

- At least 1 serving of dark leafy greens/day
- Other **varied** colors of vegetables



Cruciferous Vegetables (1 or more/day)

Crucifers vegetables are important for detoxification

- **Arugula**
- **Bok choy**
- **Broccoli**
- **Broccoli sprouts**
- **Brussels sprouts**
- **Cabbage**
- **Cauliflower**
- **Chinese Cabbage**
- **Collard greens**
- **Kale**
- **Kohlrabi**
- **Mustard greens**
- **Rapini**
- **Swiss chard**
- **Turnips and turnip greens**
- **Watercress**

Colored Vegetables (3-6 Servings/day)

Eating a rainbow of colors provides a variety of different phytonutrients in your diet.

Red

- Beets
- Radishes
- Red bell peppers
- Red onions
- Tomatoes

Orange

- Butternut squash
- Carrots
- Sweet potatoes
- Yellow bell peppers

Yellow

- Yellow carrots
- Rutabaga
- Golden beets
- Yellow summer squash
- Yellow tomatoes
- Yellow bell peppers

Purple

- Eggplant
- Purple Belgian endive
- Purple cabbage
- Purple asparagus



Colored Vegetables (3-6 Servings/day)

Eating a rainbow of colors provides a variety of different phytonutrients in your diet.

Green

- Asparagus
- Bell pepper, green
- Celery
- Cucumbers
- Fennel
- Leeks
- Okra
- Peas, snap and snow peas
- Scallion
- Spinach
- Okra
- Zucchini

White

- Garlic
- Jerusalem artichokes
- Jicama
- Mushrooms
- Onions
- Parsnips
- Turnips



Quality Protein

NOTE: It is important the animals are raised naturally. Grain-fed animals that do not graze have a much different fatty acid profile that is more inflammatory. Also, the majority of what you eat should be vegetables and fruits.

- **Wild-caught fish and seafood**
- **Oysters**
- **Presoaked and sprouted legumes**

In moderation:

- **Organic eggs from free-range poultry**
- **Free-range poultry**
- **Grass-fed and -finished beef**
- **Wild game**



Anti-Inflammatory Fats

- Avocado oil
- Olive oil (not high heat)
- Flaxseed oil (NO heat)



Herbs, Spices and Miscellaneous

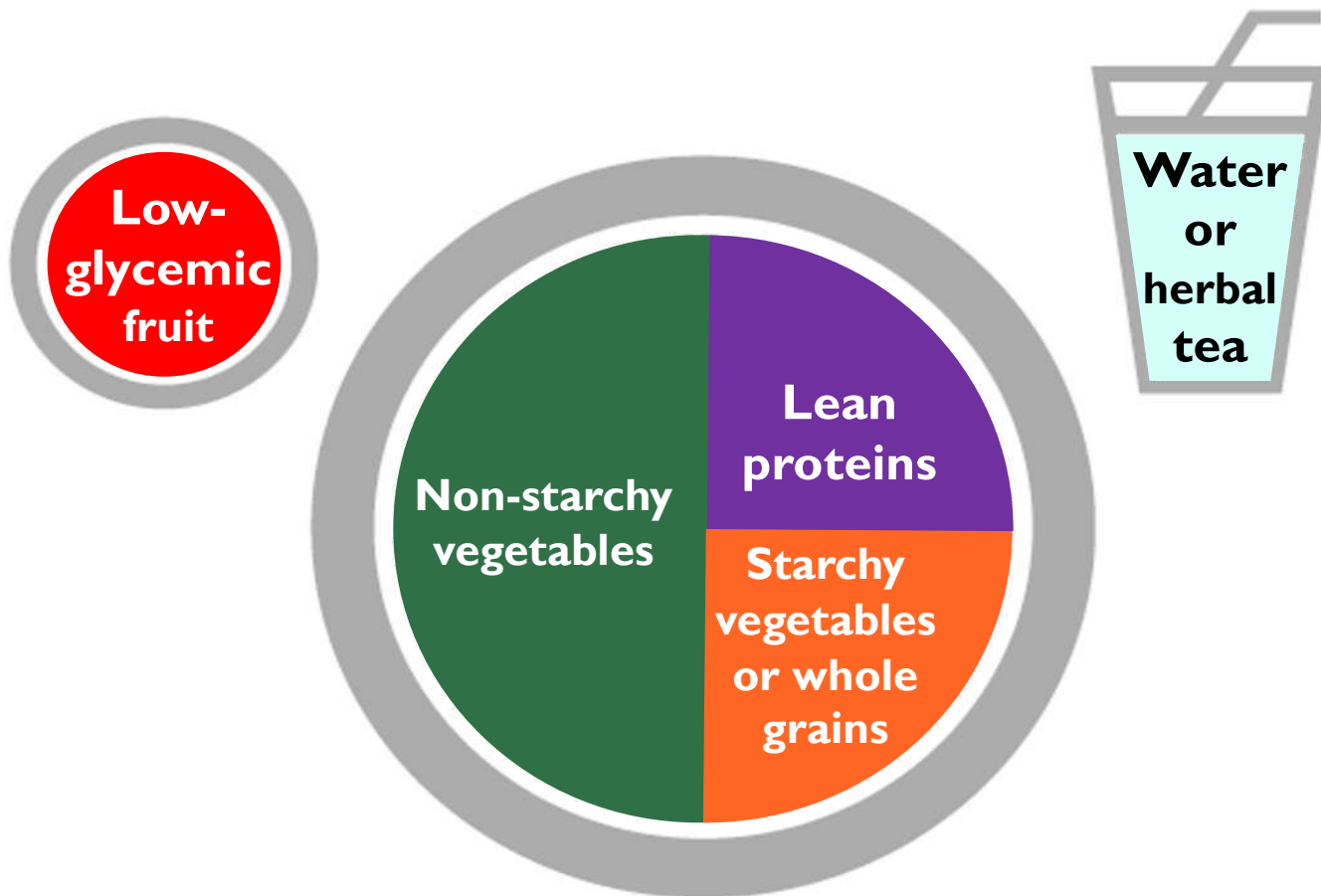
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- Anise seed or tea
 - Fennel seed
 - Ginger, ginger tea
 - Rosemary
 - Turmeric
 - Ginseng tea
 - Green tea
 - Bone broth
 - Raw, local honey
 - Raw, fermented vegetables
 - Water (one-half your body weight in ounces)

Bonus: Brain Food

- Wild-caught salmon
- Nuts and seeds
- Blueberries
- Avocadoes
- Dark chocolate (stevia or honey sweetened)
- Soaked and sprouted legumes



A Well-Balanced Plate



Foods to Avoid:

- Gluten
- Dairy/milk products
- Sugar
- Soy
- Hydrogenated and vegetable oils
- Refined carbohydrates/white, grain-based flours
- Aspartame
- MSG
- Alcohol
- Fried foods
- Processed meats
- Processed foods/junk food





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