

NO - Inflammatory Foods

1. **Sugar** - White Sugar, Brown Sugar, Agave Syrup, Pancake Syrup, High Fructose Corn Syrup (HFCS) etc.
2. **Artificial Sweeteners** - Aspartame, Splenda etc.
3. **Vegetable Oil** - Canola, Sunflower, Cottonseed, Olive Oil in Clear Bottles
4. **Trans Fats**- Margarine, Hydrogenated or Partially Hydrogenated Fats, Deep Fried Foods
5. **Dairy** - Cheese, Ice-Cream, Yougurt, Milk, Cream etc.
6. **Eggs** - From Conventionally Raised Caged Chickens
7. **Salmon, Farmed**

8. **Conventionally/Feedlot Raised Beef and Chicken**
9. **Processed Meats** - Deli Meats, Sausages etc.
10. **Alcohol** - Wine, Cocktails, Beer, Cider, Hard Liquor
11. **Refined Grains**
12. **Gluten Containing Grains** - Wheat, Barley, Rye
13. **Food Additives** - MSG, Preservatives, Food Colouring/Flavourings etc.
14. **Foods you are or may be allergic or sensitive to.**
Common allergens are gluten, dairy, eggs, corn and soy.

NO fast food,
processed,
packaged, deep
fried and most
restaurant
food.

