

Diet - Dr. Weil	Food to Eat	Foods to Avoid	Other
<p><b>Anti-inflammatory</b></p> <p>We all know inflammation on the surface of the body as local redness, heat, swelling and pain. It is the cornerstone of the body's healing response, bringing more nourishment and more immune activity to a site of injury or infection. But when inflammation persists or serves no purpose, it damages the body and causes illness. Stress, lack of exercise, genetic predisposition, and exposure to toxins (like secondhand tobacco smoke) can all contribute to such chronic inflammation, but dietary choices play a big role as well. Learning how specific foods influence the inflammatory process is the best strategy for containing it and reducing long term disease risks. (Dr. Weil)</p>	<p>Spices and herbs, including turmeric, cinnamon, curry, ginger, garlic, and chili</p> <p>Organic fruits and vegetables from all parts of the color spectrum, especially berries, tomatoes, orange &amp; yellow fruits, and dark leafy greens.</p> <p>Mushrooms.</p> <p>Winter squashes, and sweet potatoes</p> <p>Cruciferous (cabbage-family) vegetables</p> <p>Beans in general and soybeans in particular.</p> <p>White, green or oolong tea</p> <p>Whole grains such as brown rice and bulgur wheat</p> <p>Extra-virgin olive oil as a main cooking oil. Or expeller-pressed, organic canola oil, sunflower and safflower oil</p> <p>Avocados and nuts, especially walnuts, cashews, almonds, and nut butters made from these nuts.</p> <p>For omega-3 fatty acids, eat salmon, sardines packed in water or olive oil, herring, and black cod;; omega-3 fortified eggs; hemp seeds and flaxseeds</p>	<p>Flour and sugar, especially bread and most packaged snack foods (including chips and pretzels).</p> <p>High fructose corn syrup.</p> <p>Butter, cream, high-fat cheese, un-skinned chicken and fatty meats.</p> <p>Products made with palm kernel oil.</p> <p>Safflower and sunflower oils, corn oil, cottonseed oil, and mixed vegetable oils.</p> <p>Strictly avoid margarine, vegetable shortening, and all products listing them as ingredients.</p> <p>Strictly avoid all products made with partially hydrogenated oils of any kind.</p>	<p>Cook pasta al dente and eat it in moderation</p> <p>Animal protein</p> <p>High quality natural cheese and yogurt.</p> <p>Plain dark chocolate in moderation (with a minimum cocoa content of 70 percent).</p> <p>Alcohol (if you must, try red wine)</p>