



Accurate Clinic

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www.AccurateClinic.com

Overview of Wellness (Anti-inflammatory) Diet

What to eat:

Meats: The main staple of your meals should be protein derived from meats. Protein packs on lean muscle; which in turn aids in fat metabolism. You should choose the leanest meats, such as chicken breast, fish, turkey, shrimp, bison (buffalo), lean beef and eggs. Meats to avoid are pork chops, bacon, ham, ribs, salami, bologna and hot dogs. Game meats or free range meats are the best, because they contain a higher ratio of unsaturated fats (the good fat) to saturated fat (the not so good fat). Remember that lean protein is extremely effective in curbing your appetite and increasing your metabolism to help you burn fat.

Fruits and vegetables: Eat an unlimited amount of fruits and vegetables throughout the day; however, starchy vegetables, such as potatoes, should be restricted. These can produce a rapid rise in blood glucose levels, similar to sugar. When you are hungry, stick to a high protein, low fat food. Although higher in fat, avocados are great because they contain monounsaturated fats (good fat) and may help you feel full. Of course fresh fruits and vegetables are the best, but frozen are okay as well. Try to stay away from canned fruits and vegetables, because these usually have additives and lots of salt.

Nuts and Seeds: Nuts are a rich source of monounsaturated fats. These types of fats help to lower cholesterol and are good for the whole body, including our brain. Almonds and walnuts are best, but you may also have Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, chia seeds, pumpkin seeds, sesame seeds and sunflower seeds. Try to avoid peanuts or have them in moderation.

Oils: Olive, avocado, walnut, coconut and flaxseed are acceptable, but stay away from fried food. Use these oils to add flavor to your foods or to sauté them.

Beverages: Of course water, and lots of it. Unsweetened tea is also okay. Limit coffee intake and do not sweeten it with sugar. Try xylitol or stevia instead.

Foods to limit:

Dairy foods: all processed foods made with any dairy products, butter and cheese. Also avoid casein and caseinate. Try to avoid too much yogurt, but it does contain protein. Instead of dairy you can use almond milk, rice milk, soy milk, oat milk, hemp milk or goat milk or goat yogurt.

Grains: limit most grains including wheat, barley, corn, and rye. If you must have bread occasionally, try Ezekial sprouted breads. During the sprouting process the grain loses its gluten coating, which is the common culprit in causing digestive complaints and weight gain. However, moderation of these breads should still be implemented. Also, rice or wild rice, quinoa and millet are acceptable grains.

Soft drinks: No soft drinks are beneficial to overall health.

Sweets including, sugar and all candy. Honey and maple syrup are great alternatives along with stevia and xylitol.



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Here is a list of foods you are allowed to eat as much as you want:

Almonds	Eggs	Onions	Walnut
Apples	Ezeckial bread	Peaches	Zucchini
Asparagus	Fish	Pears	
Beans	Garlic	Peppers	
Beef	Grapes	Pomegranites	
Blueberries	Kale	Plums	
Broccoli	Lamb	Raisins	
Buffalo	Lemon	Raspberries	
Cashews	Lettuce	Rice	
Celery	Lime	Seafood	
Cherries	Oatmeal	Spinach	
Chicken	Okra	Tomato	
Collards	Olive oil	Turkey	