



Pure 28 Day Anti-Inflammatory Food Guide

Eliminate Toxic Foods Focus on eating foods that stabilize blood sugar, reduce inflammation, and support natural detoxification

	Do Eat: Health Promoting Foods	Do Not Eat: Inflammatory & Allergenic Foods
Animal Protein:	Free Range, Grass Fed, Cage - Hormone - Steroid and Antibiotic Free: Chicken, Turkey, Eggs, Duck, Beef, Lamb, Buffalo, and Wild Cold Water Fish	Processed Meats, Pork, Veal, and Meats Containing Hormones, Fillers, or Antibiotics Farm Raised Fish, and Dairy Products
Plant Protein:	Split Peas, Beans, Legumes, Lentils, Nuts, and Seeds	Soy Products
High Fiber Carbs	Non-Gluten White Grains: Quinoa, Brown Rice, Millet, Amaranth, Oats, Gluten Free Certified, Buckwheat, Teff, Sorghum Pastas: White Grain, Brown, and Quinoa	Gluten Grains: Wheat, Durum Wheat (Couscous & Bulgar), Ancient Wheat (Spelt & Farro) Rye, Barley. Also avoid White Rice, Oats (Not Certified GF), and Corn Pasta
Low Glycemic Index (GI) Fruits	Fresh or Frozen Berries, Green Apples	High GI Fruits: Bananas, Grapes, Mangos, Pineapples, Watermelon, Dried Fruits
Healthy Fats	Cold Pressed Olive Oil, Flax, Almond, Avocado & other Nut & Seeds Oils, Raw Nuts & Seed Oil	Butter, Peanut Butter, Margarine, Shortening, Canola, Vegetable, or Other Processed Oils
Non-Starchy Organic Leafy Greens	Fresh or Frozen Vegetables, Leafy Greens Organic When Possible	Corn, Potatoes, Creamed Vegetables
Drinks	Non-Caffeinated Green and Herbal Tea with Fresh Lemon or Pure Greens, Coconut Water, Almond Milk, Coconut Milk, Hemp Milk, and Rice Milk	Diet and Regular Soda, Sports Drinks, Juice, Cows Milk, Soy Milk, Beer, Wine, and Liquor Coffee and Caffeinated Beverages
Sweeteners	Xylitol, Stevia, Erythritol (Organic Zero and Truvia)	Sugar, Honey, Maple Syrup, High Fructose Corn Syrup, Agave, Evaporated Cane Juice, Sucralose, Equal, Saccharine, Sweet'N Low, Splenda, and Nutrasweet
Condiments	Apple Cider Vinegar, Coconut Vinegar, Sea Salt, Pepper, and All Spices	Condiments with Gluten, Dairy, Soy, or Sugar (Ketchup, Barbecue Sauce, and Soy Sauce)