



## Anti-Inflammatory Grocery List

courtesy of  
Dr. Marlisa Hurt, PhD

### Fats & Oils

#### Place in Your Cart

##### Can Handle Heat: Saturated Fats

These fats can better tolerate heat. Other fats will become oxidized and inflammatory when exposed to high heat.

- Coconut Oil
- Coconut Cream
- Palm Oil (buy brands that are certified sustainable)
- Grass-fed Butter/Ghee
- Rendered Animal Fats – from wild or grass-fed beef and poultry (tallow, etc.)

##### Keep it Cool: Unsaturated Fats

- Avoid heating these oils as they can contribute to inflammation when heated.
- Focus on cold pressed oil from sprouted nuts and seeds, not roasted.

- Olive Oil
- Macadamia Nut Oil
- Sesame Oil
- Walnut Oil
- Avocado Oil

#### Take Out of Your Cart

These oils are highly inflammatory, even before they are heated due to the process(es) used to make them.

- Margarine
- Canola Oil
- Corn Oil
- Grapeseed Oil
- Rice Bran Oil
- Safflower Oil
- Soybean Oil
- Sunflower Oil
- Vegetable Oil

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### Fight Right Goal

Get in more water, quality fats, clean proteins, fresh vegetables and fruits as well as probiotics.

### Beverages

#### Hydrate for Health

Seek out pure and organic sources as much as possible.

- Water
- Herbal Teas (caffeine free)
- Green Vegetable Juices – green veggies and other herbs
  - Be mindful of eating certain veggies uncooked as they may contribute to inflammation in the body (see back).
- Kombucha
  - Watch sugar intake; may be too much for some.

### Nuts & Seeds

Nuts should be raw (not roasted) and some are best sprouted to reduce intake of phytates, which may contribute to inflammation in the body. Seek out organic sources.

#### Place in Your Cart

- Hemp Seed
- Chia Seed

#### Buy sprouted, if possible:

- Pumpkin Seeds
- Sesame Seeds
- Walnuts
- Almonds
- Brazil Nuts
- Nut Butters

#### Take Out of Your Cart

- Limit other nut and seed sources.
- Avoid added sugars in nut butters and mixes.

### Spices & Herbs

Focus on fresh herbs and spices that are organic. Using dried herbs? Seek out organic and those treated without radiation (non-irradiated).

- Basil
- Cilantro
- Cinnamon
- Ginger
- Mint
- Parsley
- Peppermint
- Rosemary
- Sage
- Thyme
- Turmeric



## Vegetables

Focus on organic and refer to EWG's *Dirty Dozen* (D) and *Clean Fifteen* (C) lists to prioritize purchases.

### Place in Your Cart

#### Non-Starchy, Fresh Vegetables

- Arugula
- Asparagus (C)
- Celery (D)
- Cucumbers
- Mushrooms
- Romaine
- Zucchini

#### Cruciferous Vegetables – Lightly Steam/Cook

These foods contain oxalates, and when uncooked can cause bodily inflammation. Lightly cook these foods to reduce oxalates.

- Beet Greens
- Broccoli
- Brussels sprouts
- Cabbage (C)
- Cauliflower (C)
- Collard Greens
- Kale
- Spinach (C)
- Watercress

#### Starchy Vegetables - Watch Sugar Intake

These vegetables are high in natural sugars and should be eaten in moderation.

- Carrots – best if eaten raw
- Onions (C)
- Parsnips
- Pumpkin
- Radish
- Squash
- Sweet Potatoes

## Condiments

### Place in Your Cart

Focus on organic sources. Vinegars and salts should be raw/unrefined.

- Pink Himalayan Sea Salt
- Celtic Sea Salt
- Raw Apple Cider Vinegar
- Balsamic Vinegar
- Coconut Vinegar
- Coconut Aminos (soy substitute)
- Mayonnaise (made with coconut or raw avocado)
- Flavoring enhancements (such as alcohol free vanilla extract)

### Take Out of Your Cart

- Avoid MSG; can have different names and is found in processed foods, sometimes listed as added flavor.
- Avoid added sugars.

## Fruits

Focus on organic and refer to EWG's *Dirty Dozen* (D) and *Clean Fifteen* (C) lists to prioritize purchases.

### Place in Your Cart

- Avocado (C)
- Coconut
- Lemon
- Lime
- Olives
- Tomato (D)
  - This fruit is part of the nightshade family; it should be avoided by those with allergies and chronic pain.
- Blueberries
- Blackberries
- Cranberries
- Strawberries (D)
- Raspberries
- ... and other berries, but be cautious of goji berries as they belong to the nightshade family.

## Clean Meats and Fish

### Place in Your Cart

#### Organic Meats

Grass-fed or pasture raised meats are best.

- |                                  |                                 |
|----------------------------------|---------------------------------|
| <input type="checkbox"/> Beef    | <input type="checkbox"/> Eggs   |
| <input type="checkbox"/> Bison   | <input type="checkbox"/> Lamb   |
| <input type="checkbox"/> Chicken | <input type="checkbox"/> Turkey |
| <input type="checkbox"/> Duck    |                                 |

#### Wild Caught Fish

Check EWG's *Good Seafood Guide* for best choices.

- |                                    |   |
|------------------------------------|---|
| <input type="checkbox"/> Anchovies | <input type="checkbox"/> Halibut                |
| <input type="checkbox"/> Sardines  | <input type="checkbox"/> Sea Bass               |
| <input type="checkbox"/> Herring   | <input type="checkbox"/> ... and any white fish |
| <input type="checkbox"/> Salmon    |   |

### Take Out of Your Cart

- Avoid farm-raised or "farm fresh" seafood.
- Avoid bottom feeder fish like shellfish, tilapia and catfish.

## Sweeteners

### Place in Your Cart

Best choices are natural sweeteners that are zero calorie and have no glycemic index.

- Liquid Stevia - no additives
- Monk Fruit (also called Luo Han Guo)

### Take Out of Your Cart

- Avoid all artificial sweeteners (including aspartame, sucralose, Splenda, NutraSweet, Equal and more).
- Avoid added sugars in food and drinks.
- Watch out for powdered stevia as it may contain additional sweeteners and other additives, which can contribute to inflammation in the body.