

HCB2

fight right

initiative

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 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.

- Beef
- Bison
- Chicken
- Duck
- Eggs
- Lamb
- Turkey

Wild Caught Fish

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

- Anchovies
- Sardines
- Herring
- Salmon
- Halibut
- Sea Bass
- ... and any white fish

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.