Pediatric Anti-Inflammatory Food Pyramid

- Healthy Sweets - sparingly (such as plain dark chocolate)
  Greater than 70% dark chocolate is best

- Healthy Herbs & Spices - unlimited
  (garlic, ginger, turmeric, cinnamon)

- Tea - daily (white, green oolong decaffeinated)

- Fish & Seafood - twice a week
  (wild Alaskan salmon, Alaskan black cod, sardines)

- Dairy & Other Sources of Protein daily variety
  (high quality natural cheeses and yogurt, omega-3 enriched eggs, skinless poultry, lean meats)

- Whole Soy Foods - 1-2 a day
  (edamame, soy nuts, soymilk, tofu, tempeh)

- Healthy Fats - daily
  (extra virgin olive oil, expeller pressed canola oil, nuts - especially walnuts, avocados, seeds including freshly ground flaxseeds)

- Whole & Cracked Grain - 3-5 a day

- Pasta (al dente) 2-3 a week

- Beans & Legumes 1-2 a day

- Vegetables - 4-5 a day
  (raw and cooked, all colors, organic when possible)

- Fruits - 3-4 a day
  (fresh in season or frozen, organic when possible)

* Avoid processed foods, preservatives, nitrates, food dyes especially red and yellow dyes, and artificial sweeteners.

* Avoid caffeine, soda, juice and fried foods.