Pediatric Anti-Inflammatory Food Pyramid



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

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

*Avoid caffeine, soda, juice and fried foods.



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







Water



