



**Oriental Medical Center of Pahoia**  
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**Anti-Inflammatory Diet** (all foods are non-GMO organic)

**grains**

amaranth  
barley  
buckwheat  
millet  
oatmeal  
quinoa  
basmati rice  
brown rice  
rye  
rice crisps  
teff.  
wasa crackers

**beans**

aduki beans  
azuki beans  
garbanzo beans  
kidney beans  
lentils  
miso soup  
mung beans  
pinto beans  
split peas  
tempeh

**vegetables (steamed)**

artichoke  
asparagus  
bean sprouts  
beet greens  
beets  
bokchoy  
broccoli

**vegetables (steamed) continued**

brussel sprouts  
carrot  
cauliflower  
celery  
chives  
collards  
cucumber  
eggplant  
endive  
green  
green peas  
kale  
kohlrabi  
leeks  
lettuce, romaine, baby  
mustard greens  
onion  
parsley  
parsnip  
pumpkin  
radish  
red and green cabbage  
red pepper  
rutabagas  
spinach  
squash  
stringbeans  
swiss chard  
taro  
turnip  
watercress  
zucchini

**meats** (bake, broil, steam) (organic, meat only - no skin)

chicken  
turkey

**fish** (bake, broil, poach, steam) (non farmed fish)

cod  
haddock  
halibut  
mackerel  
sardines  
summer flounder  
wild pacific salmon

**seaweed**

all of 'em

**beverages**

**At least:** 6 to 8 glasses of spring water, bottled water, or filtered water every day.

**Best:** Half your body weight in ounces of water daily. Add lemon if you want.

*Small* amounts of organic soy milk (non-GMO), rice milk, or oat milk if they don't bother your digestion.

**fruits** (no citrus) (1 -2 pieces per day)

**often:** banana, figs, prunes

**almost often:** apple, blueberries, cherries, grapes, mango, pear, pineapple, pomegranate

**sometimes:** apricot, blackberries, cranberries, papaya, peach, plum, raspberries, kiwi

**sparingly:** cantaloupe, rhubarb, strawberries, melons

**nuts & seeds** (2 tablespoons of any of these seeds ground, per day)

flax seeds  
pumpkin seeds  
sesame seeds  
sunflower seeds  
small amounts of almond butter

**oils**

**best choice for cooking:**

extra virgin olive oil  
cold pressed virgin coconut all

**best choice for cold use:**

udo's choice  
extra virgin olive oil  
cold pressed virgin coconut all  
hemp oil  
macadamia nut oil  
flax seed oil

**dairy**

For those who eat dairy: Whip at room temperature 1 cup of organic extra virgin olive oil with 1 cup of organic butter for cooking and as a spread. Store in a clean dark jar. Refrigerate.

**herbs**

*Centella asiatica* (pohe kula / gotu kola)

*Bidens pilosa* (kinehi)

*Bacopa monnieri* ('ae'ae / brami)

*Zingiber officinale* (awapuhi pake / ginger)

*Curcuma longa* ('olena / tumeric)

**sweeteners** (occasional use with meals only)

barley syrup  
maple syrup  
raw honey  
rice syrup  
stevia

**do not eat**

ahi  
aspartame  
beef  
bread  
cheese  
clams  
coffee  
corn  
crab  
dairy  
dried fruit  
eggs  
fried foods

fruit juice  
lobster  
milk  
pastry  
nutrisweet  
peanut butter  
pork  
processed food  
shellfish  
shrimp  
wheat  
white flower  
white sugar