



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