

# Dietary Modifications to Manage Inflammation \*

Food Category	Serving Size	Servings per day	Calories per serving	Choices
VEGETABLES	1/2 cup	5-7	10-25	All vegetables are allowed except white potato, turnip, parsnip, rutabaga, and corn. Fresh vegetable juices are also allowed.
FRUITS	Approximately 1 medium	3-4	80	All whole fruits except banana, pineapple, and papaya. Fruit juice not recommended.
CONCENTRATED PROTEIN **	3.5 oz (after cooking)	Aim to consume no more than 60 mg arachidonic acid (AA) daily; (please refer to chart to calculate AA content). Note: dairy and soy products have negligible amounts of AA	150	<b>POULTRY (remove all skin):</b> Turkey breast and chicken breast <b>LEAN MEATS:</b> Sliced boiled ham, pork tenderloin, beef flank steak, ground beef, 5% fat <b>FISH (avoid farmed fish):</b> (See chart below.) <b>DAIRY:</b> Cottage cheese 1%, 3/4 cup; ricotta, reduced fat, 1/2 cup <b>TOFU PRODUCTS:</b> tofu, 1 cup; tempeh, 1/2 cup; soy burger, 4 oz.; TVP, 1/3 cup
DAIRY	6 oz.	1-2 (if tolerated)	80-100	Plain yogurt (lowfat or nonfat), milk (nonfat, 1%, or 2%), buttermilk, milk substitutes (soy, rice, nut)
LEGUMES	1/2 - 1 cup	1-2	100-200	All peas and beans, hummus, bean soups
GRAINS	1/2 cup	1-3	75-100	Whole grains such as 100% whole wheat bread and pasta, brown rice, whole oats, rye crackers, and pearly barley with at least 3 grams or more of fiber per serving.
NUTS/SEEDS	1 small handful	1	150-200	All nuts except cashews and macadamias, 1-2 Tbsp nut butter
OILS	1 tsp	4-6	40	Olive and canola oils for cooking, flax seed (refrigerate) and walnut oils for salads, mayonnaise from canola oil (no egg or sugar added), avocado (1/8 of whole), green or black olives (8-10).
BEVERAGES	Unlimited	Water intake recommended at 1/2 body weight in ounces	0	Water, herbal tea, decaffeinated coffee or tea, mineral water, club soda, or seltzer, plain or flavored (no added artificial sweeteners).
CONDIMENTS	Unlimited	As desired	0	Cinnamon, carob, mustard, horseradish, vinegar, lemon, lime, flavored extracts, herbs/spices, stevia. <b>No refined sugars or artificial sweeteners are allowed.</b>

Food	Arachidonic Acid Content (mg per 3.5 oz. for meats)
<b>Meat and poultry:</b>	
Ham, sliced boiled	0
Pork tenderloin	30
Turkey breast, roast	40
Beef, flank steak	40
Ground beef, 5% fat	50
Chicken breast	60
<b>Fish:</b>	
Mahi Mahi	0
Pacific mackerel	10
Pink salmon	10
Pacific cod	20
Sockeye salmon	30
Atlantic cod	30
Haddock	30
Snapper	40
Yellowfin tuna	40
White tuna, canned in water	50
Flounder	50
Atlantic mackerel	50
Groupers	50

\* If you suspect that your patient has issues with food allergies or sensitivities, follow the elimination diet.  
\*\* Please eat only the cheeses that are listed, as most other cheeses are quite high in saturated fat and not allowed on this program.

## It's a Matter of Fat

**Arachidonic Acid** is a fat associated with inflammation in the body. Various opinion leader organizations, such as the American College of Rheumatology, support eating certain fish and foods that contain omega-3 fatty acids due to the new evidence indicating that these fats can reduce the pain and inflammation of RA. The American Heart Association (AHA) advocates a general recommendation of at least two servings per week to receive the cardiovascular benefits of these fatty acids. Increased consumption of omega-3 fatty acids results in a decrease in the amount of arachidonic acid. Along with a diet low in glycemic index, research supports the limitation of arachidonic acid to no more than 60 mg daily.

Adjacent is a list of animal foods (meat, poultry, and fish) that are at or below 60 mg per 3.5 oz average serving. Please limit your food in this category to only those on this list. Remember if you eat more than 3-4 oz at a time, you must add the additional arachidonic acid to your calculations. Egg yolks are high in arachidonic acid (70 mg per yolk) and therefore must be avoided. Soy and dairy products contain no significant arachidonic acid.