



ANTI-INFLAMMATORY NUTRITION TIPS



- Eliminate all processed food and artificial dyes and sweeteners
- No sweetened beverages or sodas
- No cow milk products! [Please see list of non-dairy food sources of calcium and vitamin D below.]
- Drink water
- Teach children to eat a “rainbow” a day: eat a variety of colorful vegetables and fruits every day – at least 5 servings of vegetables/day and 3-4 servings of fruits/day [Please see list of prebiotics rich vegetables below]
- Protein: eggs, meat, beans, legumes, quinoa
- Healthy fats: fish, eggs, nuts, seeds, olive oil, avocado, chia seeds
- Fermented foods: sauerkraut, pickled vegetables, kimchi, kombucha, kefir [Please see list of probiotics rich foods below]
- Dessert should be a special treat not a daily food. Save it for Sundays or special occasions, like birthdays and holidays. Help children develop a palate for dark chocolate and desserts made with fruits.

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Anti-inflammatory Diet for Kids

1. Dairy-free food sources for calcium

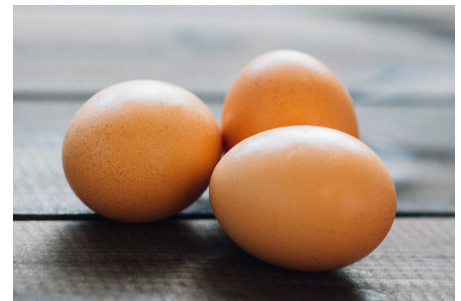
- Salmon and sardines
- Green leafy vegetables like collard greens, kale, and spinach.
- Beans
- Broccoli
- Tahini



2. Dairy-free sources for vitamin D3

(besides the sun ☺)

- Fatty fish like salmon, tuna
- Eggs
- Beef liver
- Mushrooms like portobello, maitake
- Almond milk fortified with vitamin D



3. Food sources of natural probiotics (*“probiotics” are the friendly bacteria of the tummy and really important for tummy and general health*)

- Pickles
- Sauerkraut
- Kimchi
- Kefir
- Yoghurt



4. Prebiotics rich vegetables (*“prebiotics” are the “food” for the friendly bacteria and contribute to a healthy tummy*)

- Apples
- Asparagus
- Green leafy vegetables
- Bananas
- Onions and garlic



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Success Stories with the Anti-Inflammatory Diet



14 yo with PMS and acne: “the fish oil helps a lot!”; “not drinking milk helped my acne”

8 yo with asthma – mom: “not drinking milk made a huge difference; it even helped me with my allergies”

7 yo with asthma, eczema: “after we stopped dairy products, we haven’t used his Qvar in 6 months and even his eczema cleared up; as soon as he has some cheese or milk, he starts scratching, his eczema comes back, and he start coughing after a couple of days”

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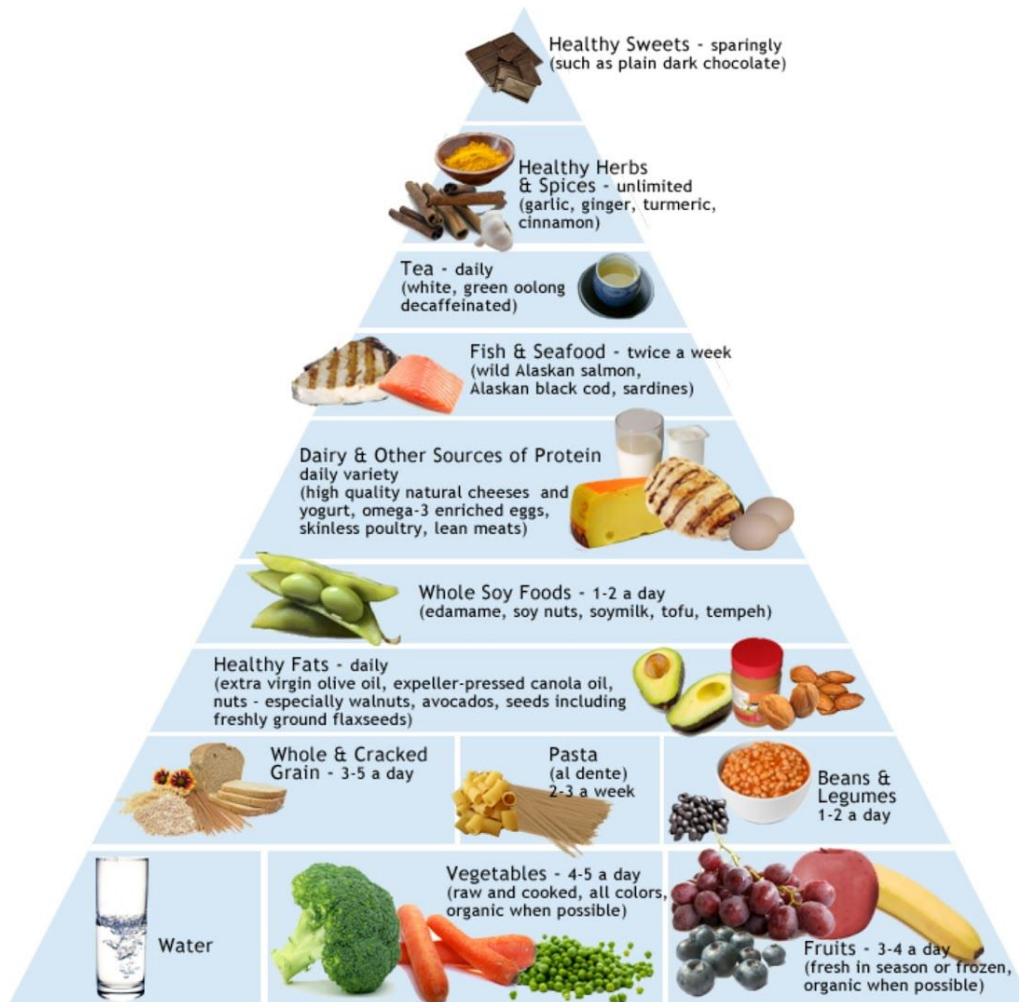
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Pediatric Anti-Inflammatory Diet Pyramid



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