

Inflammation Trade-off Table The Gleason Center

	PRO-INFLAMMATORY	NEUTRAL	ANTI-INFLAMMATORY
Grains	Wheat GMO Soy Corn	Gluten-free grains Commercial oats White rice Organic blue corn	Flax Organic oats Brown rice Fermented soy
Animal Proteins	Commercial beef, pork, poultry Processed meats	Organic beef and port Free-range poultry Farm raised fish	Organic poultry Wild fish Wild game
Vegetable Proteins	TVP Genetically modified soy	Legumes Tofu	Mushrooms Tempeh Miso
Fats & Oils	Hydrogenated fats Trans fats Deep fried oils Corn oil Soy oil Cottonseed oil Crisco Margarine Processed cheeses	Regular olive oil Regular coconut oil Butter (preferably organic) Sour cream (preferably organic) Cultured cheeses (preferably organic)	Organic olive oil Organic coconut oil Organic nut oils (walnut, sesame, flax, safflower) Organic feta Organic ricotta Walnuts Almonds
Sweets	High fructose corn syrup Sugar All artificial sweeteners	Organic honey and molasses (in moderation)	Fruit concentrates (cherry, blueberry, pomegranate)*
Fruits	Commercial sweet fruits in excess	Organic sweet fruits	Berries
Vegetables	Canned	Frozen Fresh commercial	Fresh organic greens, reds and yellows
Seasonings	MSG Aspartane Artificial colorings Artificial flavorings	Salt Soy sauce	Herbs Spices
Drinks	Commercial coffee	Organic coffee	Organic green tea Fruit spritzers*