



# Avocado Health

Your diet and nutrition, easy to digest

## Anti-Inflammatory Diet Grocery List

### *Protein*

Beef  
Kidney  
Liver  
Poultry

Pork  
Fish (canned fish ok  
in oil or water)

Eggs  
Gelatin

### *Vegetables*

Artichokes  
Asparagus  
Avocados  
Beets  
Broccoli  
Brussel  
Sprouts  
Butternut Squash  
Cabbage  
Carrots  
Cauliflower

Celery  
Chard  
Collard Greens  
Cucumbers  
Eggplant  
Garlic  
Ginger  
Green Beans  
Jalapenos  
Kale  
Leeks

Lettuce  
Mushrooms  
Olives  
Onions  
Peas  
Peppers  
Pumpkin  
Rutabaga  
Tomatoes  
Watercress  
Zucchini

### *Fruits*

Apples  
Apricots  
Bananas  
Blueberries  
Raspberries  
Blackberries  
Cherries  
Coconut  
Dates

Figs  
Grapefruit  
Grapes  
Kiwi  
Lemons  
Limes  
Mango  
Melons  
Nectarines

Oranges  
Papaya  
Passionfruit  
Pears  
Pineapple  
Plums  
Prunes

### ***Legumes***

Black Beans  
Kidney Beans  
Lentils

Lima Beans  
Peanuts  
Split Peas

White (Navy) Beans

### ***Nuts***

Almonds  
Brazilian Nuts  
Cashews

Chestnuts  
Macadamia Nuts  
Pecans

Walnuts  
Nut butters

### ***Flour / Baking***

Baking Soda  
Coconut Flour  
Citric Acid

Gelatin  
Honey

Nut Flours (No  
chestnut flour)

### ***Fats***

Almond Oil  
Butter  
Coconut Oil

Flaxseed Oil  
Ghee  
Olive Oil

Safflower Oil  
Sunflower Oil  
Canola Oil

### ***Vinegars***

Apple Cider Vinegar

Red Wine Vinegar

White Wine Vinegar

### ***Sauces***

Amore Italian  
Tomato Paste

Annie's Naturals  
Mustard

Imagine Organic  
Broth

Annie's Naturals  
Horse Radish  
Mustard

Eden Organic  
Spaghetti Sauce

Spectrum Organic  
Mayo

Tabasco Sauce

## ***Drinks***

Water!  
Coffee  
Black Tea

Knudsen brand  
cranberry Juice w/o  
added sugar (dilute)

Tropicana original  
orange juice

## ***Snacks***

Bubbies Pickles  
Bubbies SourKraut  
Larabar's w/out  
chocolate

Santa Cruz Apple  
Sauce  
That's It. Fruit Bars

Dried, no sugar  
added mangoes  
Hummus and carrots

## ***Probiotic Foods***

Plain Yogurt  
Aged Cheese  
Kefir

Fermented  
Vegetables

Miso  
Pickles  
Raw Honey

## ***Prebiotic Foods***

Ground Flax seed  
Chia

Hemp seed

Steel-Cut Oats

## ***Brands We Recommend***

*Earth Balance* – Butter, Nut Butters, Dressings

*Glutino* – Gluten Free Chocolate Covered Pretzels, Gluten Free Cheddar Crackers

*Simple Mills* – Almond Flour Baking Mixes

*Enjoy Life* – Breakfast Ovals, Protein Bites, Chewy Bars, Crunchy Mini Cookies

*Trader Joes* – Vegan Pesto

## **Avoid**

Trans fats (store-bought baked goods, anything containing “partially hydrogenated oil”)

All foods with refined sugar

Grains, except for oats

Fast food or processed food

Milk & fresh cheeses (aged cheese is ok)

### **Sources:**

<https://umassmed.edu/nutrition/ibd/ibdaid/>

[https://www.siboinfo.com/uploads/5/4/8/4/5484269/scd\\_food-list.pdf](https://www.siboinfo.com/uploads/5/4/8/4/5484269/scd_food-list.pdf)