

FOODS TO EAT AND AVOID ON A WHOLE FOODS

AntiInflammatory Diet



Roadmap to Attention and Regulation

ROAR

Module 2

OK	Not Whole Foods
Vegetables	Not Whole Foods
Fruits, Freshly pressed Fruit Juice	Corn Syrup, High Fructose Corn Syrup, Bottled Juice
Nuts and Seeds, Nut/Seed Butters	Any Soda, or drinks sweetened with sugar
Stevia, Monk Fruit Sweetener, Erythritol, Xylitol (non-caloric sweeteners) if needed or tolerated	Artificial sweeteners: Saccharin, Acesulfame K, Sucralose, Aspartame etc
All Spices	Artificial Flavors (Read labels) including MSG and MSG analogs
Nuts and Seeds, Nut/Seed Butters	Synthetic Preservatives (BHA, BHT, etc)
Turmeric, Natural colors	Artificial Colors: Blue1, Yellow 5, Yellow 6, Red 40,
Oils (technically not a whole food but allowed): Extra Virgin Olive Oil Avocado Oil Coconut Oil Ghee Cold Pressed Sesame oil Cold Pressed Mustard oil	Vegetable Oils Refined Oils Solvent Extracted Oils: Eg. Canola, Sunflower, Safflower, Soy, Corn Oils.

WHOLE grains, Baked food made from whole grains like bread, cake, etc.

White Flour, Wheat Flour, White Rice, Rice Flour, Tapioca Starch, Any Starch

Maple Syrup (in moderation)

Even Natural Flavors are best avoided in packages.

Raw Honey, Coconut Sugar

Nutella / Lunchables / Chips

Vani Hari (Food Babe) has a good list of stuff that is good to avoid here:
<https://foodbabe.com/ingredients-to-avoid/>

EXAMPLES OF MEALS THAT WORK

BALANCING MEAL 1:

Breakfast: Almond Flour Pancake

Lunch: Tacos with Beans / Meat and veggies

Dinner: Brown Rice Pasta + Veggies and Tofu

Snack: Nuts and Berries

BALANCING MEAL 2:

Breakfast: Scrambled Eggs + GF Toast

Lunch: Sandwich (Almond Flour Bread or organic whole grain GF Bread or + Almond Butter + optional natural Raspberry Jam)

Dinner: Millet Noodles + Veggies and Tofu or Chicken + Soy Sauce (or any Asian Sauce Blend made at home)

Snack: Whole Food Energy Bar like LaraBar

BALANCING MEAL 3:

Breakfast: Tacos with stir fried chicken/tofu and veggies

Lunch: Egg Muffins baked with veggies and optional cheese

Dinner: Sandwich with Almond Flour Bread + Hazelnut Butter Spread (organic "Nutella" alternative) + Honey

Snack: Balancing Bar like UCAN / LaraBar / Any nut-fruit bar

BALANCING MEAL 4:

Breakfast: Egg Muffins baked with veggies

Lunch: Brown Rice with minced veggies and scrambled eggs, Fried Rice Style

Dinner: Savory Crepes (Besan Chila) or Sweet Crepes with Almond or Coconut Flour and lots of berries

Snack: Berry Smoothie with berries, bananas, protein powder or just nut butter.

EXAMPLES OF MEALS TO AVOID

INFLAMMATORY/DISREGULATORY MEAL 1:

Breakfast: Pancakes with Flour

Lunch: Lunchables

Dinner: Mac and Cheese

Snack: GoldFish

INFLAMMATORY/DISREGULATORY MEAL 2:

Breakfast: Cold Cereal with Milk

Lunch: Sandwich with Nutella

Dinner: Pizza

Snack: Wheat crackers

INFLAMMATORY/DISREGULATORY MEAL 3:

Breakfast: Eggo style waffles

Lunch: PBJ

Dinner: Pasta Cheese Bake

Snack: Fruit smoothie with just fruit



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