

The Churchill Center

Oligoantigenic Diet

“The Anti-Inflammatory Diet”

This diet includes fresh whole fruits, vegetables, nuts (especially almonds), seeds, olive oil, lean meats rich in n-3 fatty acids, garlic, dark chocolate, and red wine in moderation.

	Foods to Include	Foods to Exclude
Fruits	Unsweetened fresh, frozen, water-packed or canned; unsweetened fruit juices except orange	Oranges, grapes and melons
Vegetables	All raw fresh, steamed, sautéed, juices, or roasted vegetables	Corn, creamed vegetables
Starch (non-gluten) / Bread / Cereal	Brown rice, wild rice, millet, quinoa, amaranth, teff, tapioca, buckwheat, and products made from these and rice, potato flour, or arrowroot	Wheat, corn, barley, spelt, kamut, rye (be sure to check all packaged and processed food labels for these grains)
Legumes	All beans (except soy), peas, lentils	Soybeans, tofu, tempeh, soy milk, other soy foods
Nut & Seeds	Almonds, Walnuts, sesame (tahini), sunflower, pumpkin seeds; all butters made from these	Peanuts, peanut butter, cashews, cashew butter
Meat, fish & Eggs	Fresh fish, chicken, turkey, wild game, lamb, Alaskan Salmon, really good beef. Eggs if not allergic.	Beef, pork, cold cuts, frankfurters, sausage, canned meats, shell fish
Dairy Products & Milk Substitutes	Milk substitutes, such as rice milk, almond milk, oat milk, coconut milk, other nut milks	Cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers, margarine
Fats	Cold-Expeller pressed olive, flaxseed, avocado, sunflower, sesame, walnut, pumpkin, almond oils, coconut, hemp, macadamia, walnuts, olives, coconut	Shortening, processed (hydrogenated) oils, mayonnaise, spreads, veg oil, canola oil
Beverages	Filtered water, herbal tea, seltzer, or mineral water	Soft drinks, alcoholic beverages, coffee, tea, other caffeinated beverages
Spices & Condiments	All spices (unless excluded): cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, turmeric, vinegar	Chocolate, ketchup, mustard, pickle relish, chutney, soy sauce, barbecue sauce (be sure to read condiment labels carefully)
Sweeteners	Brown rice syrup, fruit sweetener, blackstrap molasses, Stevia, agave, dark chocolate, honey, dates.	White or brown refined sugar, maple syrup, corn syrup, high fructose corn syrup; desserts made with these sweeteners; candy