

Anti-Inflammatory Diet



What is Inflammation?

Our bodies' acute inflammatory response is necessary to fight infection and to help heal damaged tissue. When inflammation becomes chronic- due to stress, genetic or environmental factors- it may contribute to the incidence and progression of diabetes, cancer, hypertension, heart attack, stroke, Alzheimer's, and arthritis.

What is an anti-inflammatory diet?

It's a diet characterized by selecting and consuming foods based on the scientific knowledge of how they help the body maintain optimum health and reduce inflammation. This diet will provide steady energy and ample vitamins, minerals, essential fatty acids, dietary fiber, anti-oxidants and protective phytochemicals. Anti-oxidants play a key role in reducing inflammation.

Antioxidants are micronutrients that block harmful chemical reactions caused by oxidation - the destructive effect of oxygen and other oxidizing agents on the molecular components of cells. Vitamin C, Vitamin E, selenium, and carotenoids are examples of antioxidants found naturally in many fruits and vegetables. Consuming more antioxidants helps provide the body with tools to neutralize harmful free radicals.

Most people will benefit from following the general guidelines of an anti-inflammatory diet. Individuals who take steps to identify any food allergies or sensitivities can customize the anti-inflammatory diet to best suit their needs. Many food allergies can be identified through skin testing, performed by an allergy specialist, or by following an elimination diet. To complete an elimination diet, common food allergens are removed from the diet for 2-3 weeks, until symptoms of inflammation have reduced, and then are reintroduced-one at a time-to see if symptoms reoccur. Some common food allergens are: wheat, corn, soy, egg, nuts, and milk.

Food Group	Foods recommended	Foods to limit
Grain (include more whole grains)	Brown rice, quinoa, barley, bulgar, whole sprouted grain products, whole wheat and other grains. Cook pasta al-dente.	Ramen- type noodles, chips-corn, tortilla, potato. Limit foods that contain high-fructose corn syrup.
Protein (Extra lean protein choices)	Legumes, chicken, turkey, white fish, extra-lean beef, wild salmon, herring, mackerel, tuna (limit to 1 meal/week due to mercury), sardines, bass, shark, soy	Fried meat, chicken, fish Bologna, salami, hot dogs
Vegetables	<p>Leafy dark green vegetables and cruciferous vegetables: broccoli, kale brussel sprouts, collards, cabbage, cauliflower, mustard and chard greens.</p> <p>Sweet Potato, red cabbage, radish, cooked Asian Mushrooms (eg, Maitake, enoki, oyster mushrooms, Shiitake Mushroom), onion, tomatoes.</p>	Fried vegetables, fried potatoes
Fruits	Papaya, blackberries, cranberries, strawberries, raspberries grapes, kiwi, pomegranate, papaya, citrus fruit (eg, orange, grapefruit), apple, pineapple, guava.	
Fats and oil	<p>Non-fat or 1% dairy products, flaxseed, walnuts and pumpkin seed, flax oil in shakes, salad dressing, canola oil, Omega-3 eggs, extra virgin olive oil, hemp seeds , avocado oil.</p> <p>Omega-3 supplement Enteric coated fish oil, avocados.</p>	Lard, bacon , full-fat dairy products
Herbs and spices	Ginger, turmeric, garlic, cinnamon	
Beverage	Water, nonfat/1% milk. green/black tea, 1/2 glass of wine daily, soy milk, almond milk.	Beverages containing high-fructose corn syrup; soda; diet sodas containing aspartame or other artificial sweeteners, artificial colors or flavors

Lifestyle Choices to Reduce Chronic Inflammation

- Stop smoking.
- Eat more of a variety of vegetables (at least 2½ cups a day) and fruits (at least 2 cups a day), whole grains and legumes, such as beans.
- Avoid processed foods and limit red meat (beef, pork, and lamb) as much as possible.
- Avoid cooking meat at high temperature (grilling or deep fried).
- Add exercise to your daily routine and avoid a sedentary lifestyle. Get at least 30 minutes of modest exercise every day (use a pedometer and take > 10,000 steps/day).
- Get plenty of sleep, 7-9 hours daily.
- If you have a chronic condition (e.g. high blood pressure, cholesterol, blood sugar), make every effort to control it with your doctor's help..
- Maintain a healthy weight; be as lean as possible without becoming underweight.
- Moderate your alcohol consumption one drink for women and 2 drinks for men a day (1 drink = 5 ounces wine, 12 ounces beer, or 1 ounce liquor). Avoid sugary drinks and salty foods. Limit consumption of energy-dense foods and refined carbohydrates (cakes, cookies, candies, white rice, and white bread).
- Avoid animal fat and trans fat. Use olive oil, avocado oil, grape seed oil, canola oil, fish oil.
- Get your nutrients from your diet, rather than supplements, whenever possible.

NUTRIENTS	FOOD EXAMPLES	DIALY REFERENCE INTAKE
<p style="text-align: center;">Omega-3 Fat</p>	<ul style="list-style-type: none"> -4 oz. wild Salmon: 1,700mg (1.7g) -1 Tbsp. canola oil: 1,300mg (1.3g) -10 oz. walnuts: 2,600 mg (2.6g) -1 cup uncooked pasta: .360g -1 large Omega-3 egg: (.225g) - ½ cup Pasta Sauce: 64 mg (.064g) -8 oz. fat free milk: 32mg (.032g) -8 oz. Omega- 3 enriched orange juice: 50 mg (.050g) 	<p>Males</p> <ul style="list-style-type: none"> 9-13 y: 1.2 g/day 14-18 y: 1.6 g/day 19-30 y: 1.6 g/day 31-50 y: 1.6 g/day 51- 70 y:1.6 g/day >70 y:1.6 g/day <p>Females</p> <ul style="list-style-type: none"> 9-13 y: 1.0 g/day 14-18 y: 1.1 g/day 19-30 y: 1.1 g/day 31-50 y: 1.1 g/day 51-70 y: 1.1 g/day >70 y:1.1 g/day
<p style="text-align: center;">Vitamin C</p>	<ul style="list-style-type: none"> - 6 oz. Orange juice: 93 mg -1 medium orange: 70mg -1 cup cooked Broccoli: 101 mg -1 cup sliced Strawberries: 99 mg -1 cup Tomato: 100 mg -1 medium Kiwi: 64 mg -1 cup Lemon/lime juice: 60 mg -1 cup Pineapple: 74 mg -1 cup mixed Berries: 180 mg -1 cup Brussels sprouts: 96mg -1 cup red bell pepper: 190 mg -1 cup green bell pepper: 119 mg -6 oz. grapefruit juice: 248mg 	<p>Males</p> <ul style="list-style-type: none"> 9-13 y: 45 mg/day 14-18 y: 75 mg/day 19-30 y: 90 mg/day 31-50 y: 90 mg/day 51- 70 y:90 mg/day >70 y:90 mg/day <p>Females</p> <ul style="list-style-type: none"> 9-13 y: 45 mg/day 14-18 y: 65 mg/day 19-30 y: 75 mg/day 31-50 y: 75 mg/day 51-70 y: 75 mg/day >70 y:75 mg/day

NUTRIENTS	FOOD EXAMPLES	DIALY REFERENCE INTAKE
Vitamin A	<ul style="list-style-type: none"> -½ cup carrots: 459 µg -1 sweet potato baked in skin: 1403 µg -½ cup cooked spinach: 573 µg - ½ cup Cantaloupe: 135 µg -½ raw red peppers: 117 µg -1 whole mango: 112 µg -1 cup milk with added vitamin A: 149 µg -ready –to-eat cereal: 130 µg -1 cup French vanilla ice cream:278 µg -1 large egg: 75 µg -½ cup canned pumpkin: 850 µg -3 oz. wild salmon : 60 µg 	<p>Males</p> <ul style="list-style-type: none"> 9-13 y: 600 µg/day 14-18 y: 900 µg/day 19-30 y: 900 µg/day 31-50 y: 900 µg/day 51- 70 y:900 µg/day >70 y:900 µg/day <p>Females</p> <ul style="list-style-type: none"> 9-13 y: 600 µg/day 14-18 y: 700 µg/day 19-30 y: 700 µg/day 31-50 y: 700 µg/day 51-70 y: 700 µg/day >70 y:700 µg/day
Vitamin E	<ul style="list-style-type: none"> -1 Tbsp. wheat germ oil: 20 mg - 1 oz. dry roasted almonds: 6.8 mg -2 Tbsp. peanut butter: 2.9 mg -1 oz. sunflower seeds: 7.4 mg - ½ cup cooked broccoli: 1.2 mg -½ cup cooked spinach: 1.9 mg -1 Tbsp. olive oil: 1.9 mg -1 oz. dry roasted peanuts: 2.2 mg -1 oz. dry roasted hazelnuts: 4.3 mg 	<p>Males</p> <ul style="list-style-type: none"> 9-13 y: 11 mg/day 14-18 y: 15 mg/day 19-30 y: 15 mg/day 31-50 y: 15 mg/day 51- 70 y:15 mg/day >70 y:15 mg/day <p>Females</p> <ul style="list-style-type: none"> 9-13 y: 11 mg/day 14-18 y: 15 mg/day 19-30 y: 15 mg/day 31-50 y: 15 mg/day 51-70 y: 15 mg/day >70 y:15 mg/day

NUTRIENTS	FOOD EXAMPLES	DIALY REFERENCE INTAKE
Fiber	<ul style="list-style-type: none"> -1 cup whole wheat spaghetti: 6.2 g -1 medium oat bran muffin: 5.3 g -1 medium orange: 3.1 g -1 medium apple: 4.4 g -1 medium banana: 3.1 g -1 cup raspberries: 8.0 g -1 cup cooked brown rice: 3.5 g - ½ cup cooked black beans: 7.5 g -1 cup cooked broccoli: 5.1 g -1 medium carrot: 1.7 g -½ cup cooked lentils: 8.0 g - 1 oz. almonds: 3.5 g -1 slice whole wheat bread: 1.9 g 	<p>Males</p> <ul style="list-style-type: none"> 9-13 y: 1.2 g/day 14-18 y: 1.6 g/day 19-30 y: 1.6 g/day 31-50 y: 1.6 g/day 51- 70 y:1.6 g/day >70 y:1.6 g/day <p>Females</p> <ul style="list-style-type: none"> 9-13 y: 1.0 g/day 14-18 y: 1.1 g/day 19-30 y: 1.1 g/day 31-50 y: 1.1 g/day 51-70 y: 1.1 g/day >70 y:1.1 g/day
Vitamin D	<ul style="list-style-type: none"> -Brief and casual exposure to sunlight is safely encouraged -1 Tbsp. cod liver oil: 1,360 IU -1 oz. Atlantic Herring: 456 IU (Various types of fish are high in vitamin D. Typically raw fish contains more vitamin D than cooked and fatty cuts will contain more than lean cuts. Further, fish canned in oil will have more vitamin D than those canned in water) -2 cups fortified cereal: 342 IU -1 egg: 37 IU -1 cup fortified milk: 127 IU -1 oz. fortified tofu: 44 IU -1 cup fortified soy milk: 119 IU 	<p>Males</p> <ul style="list-style-type: none"> 9-13 y: 600 IU 14-18 y: 600 IU 19-30 y: 600 IU 31-50 y: 600 IU 51-70 y: 600 IU >70 y: 800 IU <p>Females</p> <ul style="list-style-type: none"> 9-13 y: 600 IU 14-18 y: 600 IU 19-30 y: 600 IU 31-50 y: 600 IU 51-70 y: 600 IU >70 y: 800 IU
Vitamin B₁ (Thiamin)	<ul style="list-style-type: none"> -1 cup sunflower seeds: 0.74 mg -1 pork chop (per chop): 0.85 mg -1 oz. pistachios: 0.24 mg -3 oz. tuna fish: 0.5 mg -1 oz. pecans: 0.19 mg -1 cup asparagus: 0.19 mg -1 cup cooked spinach: 0.17 mg -1 cup Brussels sprouts: 0.12 mg -1 cup black beans: 0.42 mg -1 cup pineapple: 0.13 mg -1 cup pinto beans: 0.33 mg 	<p>Males</p> <ul style="list-style-type: none"> 9-13 y: 0.9 mg/day 14-18 y: 1.2 mg/day 19-30 y: 1.2 mg/day 31-50 y: 1.2 mg/day 51-70 y: 1.2 mg/day >70 y: 1.2 mg/day <p>Females</p> <ul style="list-style-type: none"> 9-13 y: 0.9 mg/day 14-18 y: 1.0 mg/day 19-30 y: 1.1 mg/day 31-50 y: 1.1 mg/day 51-70 y: 1.1 mg/day >70 y: 1.1 mg/day

NUTRIENTS	FOOD EXAMPLES	DIALY REFERENCE INTAKE
Vitamin B₂ (Riboflavin)	-1 cup edamame: 1.3 mg -3 oz. cheese: 0.5 mg -1 oz. Wild Salmon: 0.45 mg -3 oz. Trout: 0.36 mg -1 cup sundried tomatoes: 0.26 mg -1 oz. almonds: 0.28 mg -1 oz. of brewed coffee: 0.1 mg -1 serving (235g) spaghetti/meat sauce: 3.8 mg	Males 9-13 y: 0.9 mg/day 14-18 y: 1.3 mg/day 19-30 y: 1.3 mg/day 31-50 y: 1.3 mg/day 51-70 y: 1.3 mg/day >70 y: 1.3 mg/day Females 9-13 y: 0.9 mg/day 14-18 y: 1.0 mg/day 19-30 y: 1.1 mg/day 31-50 y: 1.1 mg/day 51-70 y: 1.1 mg/day >70 y: 1.1 mg/day
Vitamin B₃ (Niacin)	-1 cup mushrooms (crimini): 3.31 mg -4 oz. tuna: 13.34 mg -4 oz. chicken: 15.55 mg -4 oz. turkey: 8.50 mg -4 oz. beef: 9.25 mg -4 oz. halibut: 8.08 mg -4 oz. wild salmon: 7.56 mg -0.25 cup peanuts: 4.40 mg -1 cup raw tomatoes: 1.07 mg -1 cup cantaloupe: 1.17 mg -1 cup corn: 2.51 mg -1 sweet potato baked: 1.70 mg	Males 9-13 y: 12 mg/day 14-18 y: 16 mg/day 19-30 y: 16 mg/day 31-50 y: 16 mg/day 51-70 y: 16 mg/day >70 y: 16 mg/day Females 9-13 y: 12 mg/day 14-18 y: 14 mg/day 19-30 y: 14 mg/day 31-50 y: 14 mg/day 51-70 y: 14 mg/day >70 y: 14 mg/day
Vitamin B₆ (Pyridoxol, Pyridoxal, Pyridoxamine)	-1 cup spinach: 0.2 mg -1 cup chick peas: 1.13 mg -3 oz. tuna: 0.88 mg -3 oz. beef: 0.87 mg -1 cup brown rice: 0.84 mg -1 cup potatoes: 0.73 mg -half of a fillet: 0.63 mg 1 cup turkey: 0.84 mg	Males 9-13 y: 1.0 mg/day 14-18 y: 1.3 mg/day 19-30 y: 1.3 mg/day 31-50 y: 1.3 mg/day 51-70 y: 1.7 mg/day >70 y: 1.7 mg/day Females 9-13 y: 1.0 mg/day 14-18 y: 1.2 mg/day 19-30 y: 1.3 mg/day 31-50 y: 1.3 mg/day 51-70 y: 1.5 mg/day >70 y: 1.5 mg/day

NUTRIENTS	FOOD EXAMPLES	DIALY REFERENCE INTAKE
Vitamin B₁₂ (Cobalamin, Cyanocobalamin)	-3 oz. clams: 84.1 µg -1 cup fortified cereal: 6.0 µg -1 cup milk: 1.2 µg -8 oz. yogurt: 1.1 µg -1 egg: 0.6 µg -1 oz. low Fat cheese: 0.9 µg -3 oz. tuna: 2.5 µg -3 oz. wild salmon: 4.8 µg	Males 9-13 y: 1.8 µg/day 14-18 y: 2.4 µg/day 19-30 y: 2.4 µg/day 31-50 y: 2.4 µg/day 51-70 y: 2.4 µg/day >70 y: 2.4 µg/day Females 9-13 y: 1.8 µg/day 14-18 y: 2.4 µg/day 19-30 y: 2.4 µg/day 31-50 y: 2.4 µg/day 51-70 y: 2.4 µg/day >70 y: 2.4 µg/day
Vitamin B₉ (Folate)	-1 cup spinach: 263 µg -1 cup romaine lettuce: 76 µg -1 cup asparagus: 262 µg -1 orange: 40 µg -1 papaya: 114 µg -1 cup pinto beans: 294 µg -1 cup black beans: 256 µg -1 cup chickpeas: 282 µg -1 cup green peas: 127 µg -1 cup green beans: 42 µg	Males 9-13 y: 300 µg/day 14-18 y: 400 µg/day 19-30 y: 400 µg/day 31-50 y: 400 µg/day 51-70 y: 400 µg/day >70 y: 400 µg/day Females 9-13 y: 300 µg/day 14-18 y: 400 µg/day 19-30 y: 400 µg/day 31-50 y: 400 µg/day 51-70 y: 400 µg/day >70 y: 400 µg/day
Vitamin B₅ (Pantothenic Acid)	-1 cup mushrooms: 1.3 mg -1 cup yogurt: 1.45 mg -1 cup avocado: 2.03 mg -1 cup corn: 1.18 mg -1 banana: 0.43 mg -1 baked potato: 0.71 mg -3 oz. chicken: 0.98 mg -1 egg: 0.61 mg -3 oz. wild salmon: 0.39 mg	Males 9-13 y: 4 mg/day 14-18 y: 5 mg/day 19-30 y: 5 mg/day 31-50 y: 5 mg/day 51-70 y: 5 mg/day >70 y: 5 mg/day Females 9-13 y: 4 mg/day 14-18 y: 5 mg/day 19-30 y: 5 mg/day 31-50 y: 5 mg/day 51-70 y: 5 mg/day >70 y: 5 mg/day

NUTRIENTS	FOOD EXAMPLES	DIALY REFERENCE INTAKE
Vitamin B₇ (Biotin)	-1 egg: 12 µg -1 cup yogurt: 7.4 µg -1 cup chopped carrots: 6 µg -1 cup tomatoes: 7.5 µg -1 cup Swiss chard: 10.51 µg -100g dark chocolate bar: 32 µg -1 cup almonds: 90 µg -1 cup peanuts: 100 µg	Males 9-13 y: 20 µg/day 14-18 y: 25 µg/day 19-30 y: 30 µg/day 31-50 y: 30 µg/day 51-70 y: 30 µg/day >70 y: 30 µg/day Females 9-13 y: 20 µg/day 14-18 y: 25 µg/day 19-30 y: 30 µg/day 31-50 y: 30 µg/day 51-70 y: 30 µg/day >70 y: 30 µg/day
Choline	-1 egg: 113 mg -4 oz. shrimp: 92 mg -4 oz. turkey: 95.71 mg -4 oz. beef: 123.15 mg -4 oz. chicken: 96.73 mg -1 cup cooked spinach: 35.46 mg -1 cup Swiss chard: 50.23 mg -1 cup broccoli: 17.02 mg -1 cup cauliflower: 47.40 mg 1 cup peas: 40.91 mg	Males 9-13 y: 375 mg/day 14-18 y: 550 mg/day 19-30 y: 550 mg/day 31-50 y: 550 mg/day 51-70 y: 550 mg/day >70 y: 550 mg/day Females 9-13 y: 375 mg/day 14-18 y: 400 mg/day 19-30 y: 425 mg/day 31-50 y: 425 mg/day 51-70 y: 425 mg/day >70 y: 425 mg/day

BREAKFAST SAMPLE MEAL PLANS

Breakfasts:

1 small fresh fruit

1 slice whole wheat bread

Egg/veggie scramble- Recipe

4 egg whites
½ Tbsp. olive oil
½ cup chopped red peppers
¼ cup chopped onions
¼ cup chopped tomatoes
Small handful of spinach

Directions:

In pan add olive oil, on medium heat place vegetables in pan to cook before adding egg. Once vegetables are slightly tender add egg and scramble the contents together. Eat with or without toast.

Apple Walnut Oatmeal:

2 cups Steel cut oatmeal
1 cup low-fat or non-fat milk
2 apples - cored and peeled and diced
1/2 cup crushed walnuts
2 Tablespoons maple syrup
1 teaspoon cinnamon

Directions:

Cook oatmeal as directed on package. Stir in the rest of the ingredients

Other simple breakfast options:

-Unsweetened cereal with more than 2 grams of fiber per serving with low fat milk add a small fruit of your choice with breakfast

- 1 or 2 pieces of whole wheat bread with sliced avocado on top

-Low fat yogurt with fruit of your choice

-2 Mini bran muffins with a piece of fruit

-whole wheat English muffin with egg whites and a slice of tomato with Low Fat cheese

Breakfast Burrito:

4 egg whites
½ Tbsp. olive oil
½ cup chopped red peppers
¼ cup chopped onions
¼ cup chopped tomatoes
Small handful of spinach
1 whole wheat tortilla
1 oz. Low fat cheese
2 Tbsp. Avocado
Salsa of your choice

Directions:

In pan add olive oil, on medium heat place vegetables in pan to cook before adding egg. Once vegetables are slightly tender add egg and scramble the contents together. Warm tortilla in microwave for 10 seconds, then place egg mixture in tortilla add cheese, avocado, and salsa, then wrap and enjoy.

LUNCH SAMPLE MEAL PLANS

Lunches:

Grilled Salmon Salad w/ Mango Salsa:

4 oz. wild salmon (grilled)
2 cups fresh spinach
2 ripe Roma tomatoes diced
½ mango cut in small pieces
¼ cup chopped cilantro
Juice from 1 lemon

Directions:

Rub both sides of salmon with olive oil, season with salt and pepper, at a medium heat let salmon grill for 2-3 minutes on each side. Mix tomato, mango, cilantro, and lemon juice together and place on top of cooked salmon.

Black bean & Lentil Soup:

2 tsp. canola oil
1½ cups finely chopped onion
1 celery stalk, diced
2 of cloves garlic, minced
1 of Tbsp. ground cumin
1 of Tbsp. chili powder
1 cup green lentils, rinsed and picked through
1 cup cooked black beans
1 14.5-ounce can diced tomatoes

Directions:

In a large pot, heat oil on medium heat. Sauté onions, celery, and garlic until softened, about 4-5 minutes. Sprinkle cumin and chili powder, cook for 1 minute until fragrant. Add lentils, black beans, tomatoes and broth. Bring mixture to a boil. Once boiling, then cover and simmer for 25 minutes or until lentils are tender.

Grilled Chicken and pineapple:

4 chicken breasts
¼ cup brown sugar
¼ tsp. garlic powder
Pepper and salt to taste
1(8 oz.) can of pineapple rings, juice reserved for use

Directions:

Mix together all ingredients and allow chicken and pineapple to marinate in sauce over night. Heat grill, when hot place chicken on grill and allow to cook for 5-8 min on each side or until brown throughout inside. Then place pineapple circles on grill and cook until they have grill marks.

Pasta Salad:

1 lb. dry whole wheat fusilli
2 Tbsp. olive oil
1 ½ cup pesto sauce
1 ½ cup edamame
1 ½ sun dried tomatoes
6 oz. feta cheese

Directions:

In a large pot boil water then add pasta till slightly firm. Drain then run under cold water. Toss pasta with oil. Then mix pesto sauce, sun dried tomatoes, edamame, and feta cheese and toss together.

DINNER SAMPLE MEAL

Dinners:

Chicken Vegetable Stir Fry:

4 oz. grilled chicken sliced
1 cup broccoli chopped (small)
½ cup onion chopped
½ cup sliced carrots
1 zucchini sliced
½ of a red bell pepper sliced
½ cup sliced mushrooms
1 Tbsp. olive oil

Directions:

Using a medium heat place all contents into Wok, and cook until chicken is white all the way through and/ or vegetables are cooked but still slightly crunchy

Grilled Pesto Chicken Sandwich with grilled corn:

2 chicken breasts
4 Tbsp. pesto sauce
2 ears of corn
1 Tbsp. olive oil
Salt/ pepper to taste
6 sliced onion rings
2 leaves of lettuce
2 whole wheat baguettes (bread)

Directions:

Heat grill to medium heat. Cover the cobb of corn with olive oil then sprinkle garlic powder and pepper on corn and place on grill for 20 min, turning when grill marks are formed on corn (add salt after cooking if necessary). While corn is cooking place chicken on grill until cooked white through. At the same time the chicken is cooking place onions on grill until tender. Once everything is cooked place baguette on grill until warm and there are grill marks. Put pesto sauce on both sides of bread add chicken, grilled onion, lettuce and cut off grilled corn from the cobb and add it to the sandwich or eat separately.

Fish-Atlantic Herring, wild salmon, tilapia, or any type of fish:

15 Oz fillet of your choice of fish
2 lemons juiced
1 clove garlic, minced
1 Tbsp. fresh chopped parsley
Salt/pepper to taste

Directions:

Preheat oven to 400. Place fillet on tin foil. Pour lemon juice over fillet, sprinkle salt and pepper and top with garlic and parsley. Then wrap the fish in tin foil and place in over for 20 min or until it flakes off.

Chicken kebabs:

2 large chicken breasts cut in 1 in sq.
1 large zucchini cut into 1 in circles
1 red onion cut into 1 in pieces
1 can diced pineapple
1 summer squash cut into 1 in pieces
¾ cup Light dressing
4 skewers

Directions:

In a bowl combine all ingredients and toss together let sit for 10 minutes then place them on the skewers. Preheat an indoor grill pan or outdoor grill and grill kebabs turning and basting with marinade occasionally until lightly charred and just cooked through, about 4-5 minutes.

SIDE DISHES FOR LUNCH OR DINNER MEALS

Side Dishes:

Grilled Asparagus

20 spears of medium asparagus
2 tbsp. of grated parmesan cheese
2 lemons (just keep juice)
3 cloves of garlic minced
2 tbsp. olive oil
Salt/pepper to taste

Directions:

Preheat oven to 375. Place asparagus on cooking sheet, pour olive oil on top, use half the lemon juice to pour over the asparagus, add garlic and salt and pepper. Cook for 15 min. then add parmesan cheese and put back in oven for 5 minutes. When done top with lemon juice as desired.

Baked Potato

1 potato, use fork to poke holes
1/4th cup grated low fat cheese
2 Tbsp. avocado

Directions:

Scrub potato, use fork to poke holes in it, place in microwave for 10 min or until soft. Cut potato in to half and add avocado and low fat cheese.

Roasted Carrots

8-10 large carrots
Olive oil
Sea salt and pepper to taste
1 Tbsp. chopped fresh dill

Directions:

Toss carrots in enough olive oil to coat, then place in a roasting pan top with salt and pepper. Roast at 425 in oven till desired tenderness. Then turn on broiler to high and cook carrots until lightly browned, sprinkle fresh dill over carrots.

References:

www.eatright.org

HEALTHY SNACK SAMPLES

Snacks:

-Baby carrots/baked pita chips with hummus
-6 oz. of plain Greek yogurt with slivered almonds and mixed berries, or substitute almonds for granola
-handful roasted almonds
-apple with 2 Tbsp. of peanut butter for dipping or celery with peanut butter
-cottage cheese with fruit

Hummus:

2 Tbsp. lemon juice
3 cloves of garlic, minced
½ tsp. ground cumin
2 oz. fresh jalapeno pepper sliced
1 (15 oz.) can chick peas, drained liquid reserved

Directions:

In a blender or food processor, combine garbanzo beans, jalapeno, cumin, lemon juice, garlic and 1 tablespoon of the reserved bean liquid. Blend until smooth. Serve with pita bread, crackers or veggies

Trail Mix:

1 cup walnuts
1 cup almonds
1 cup of your favorite dried fruit with no added sugar.

Directions:

Mix all ingredients together and enjoy