

See Sources and Key at Bottom of Document

Group	2007	Makers Diet	Anit-InflammatoryDiet	Specific Carbohydrate
Eggs	Eggs - Chicken / Duck organic	A List	Inflammatory	Allowed
	Omega-3/DHA is best	A List	?	
	Non organic	Avoid	Inflammatory	
	Eggbeaters	Avoid	Inflammatory	
Vegetables	Vegetable oz.s			
	Artichoke (French but not Jerusalem)			Allowed
	Asparagus	?		Allowed
	Beets			Allowed
	Broccoli	A List	Anti-inflammatory	Allowed
	Brussel sprouts	A List		Allowed
	Cabbage Bok Choy	A List		Allowed
	Cabbage Green	A List		Allowed
	Cabbage Napa	A List		Allowed
	Cabbage Red	A List		Allowed
	Cabbage Savoy	A List		Allowed
	Canned or Jarred Vegetables			Avoid
	Carrots	B	Inflammatory	Allowed
	Cauliflower	A List		Allowed
	Celery	A List		Allowed
	Corn	Avoid	Inflammatory	Avoid
	Cucumbers	A List		Allowed
	Eggplant	Avoid	Inflammatory	Allowed
	Garlic	A List	Anti-inflammatory	Allowed
	Green beans etc	A List	Anti-inflammatory	Allowed
	Greens Beet	A List		Allowed
	Greens Chard Green Swiss	A List		Allowed
	Greens Chard Red Swiss	A List		Allowed
	Greens Collard	A List		Allowed
	Greens Kale	A List		Allowed
	Greens Mustard	A List		Allowed
	Greens Purple Kale	A List		Allowed
	Greens Turnip	A List		Allowed
	Lettuce Arugula (highest vit C & Calcium)	A List		Allowed
	Lettuce Green / Red	A List		Allowed
	Lettuce Iceberg	A List		Allowed
	Lettuce Romaine	A List		Allowed
	Lettuce Watercress (mustard flavor)	A List		Allowed
	Lima Beans		Inflammatory	Allowed
	Mushrooms	A List		Allowed
	Okra	A List		Avoid
	Onions Red	A List	Anti-inflammatory	Allowed
	Onions White	A List	Anti-inflammatory	Allowed
	Onions Yellow	A List	Anti-inflammatory	Allowed
	Peas	Avoid	Inflammatory	Allowed
	Peppers Jalapeno / hot	A List	Anti-inflammatory	Allowed
	Peppers Green	A List	Anti-inflammatory	Allowed
	Peppers Red,Orange,Yellow	A List	Anti-inflammatory	Allowed
	Potatoes	Avoid	Inflammatory	
	Pumpkin	A List		Allowed
	Radishes	A List		Allowed
	Rhubarb	?		Allowed
Spinach	A List		Allowed	
Squash Butternut	?		Allowed	
Squash yellow	A List		Allowed	
Squash zucchini	A List		Allowed	
Sweet potatoes	A List	Neutral	Avoid	
Turnips	?		Allowed	
Watercress			Allowed	

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Dairy <i>* Use freely; use all others only occasionally</i>	Dairy oz.s	Some Allowed	Inflammatory / All	Allowed
	Butter - Cow	?		?
	Butter - Goat	A List		?
	Cheese - Goat milk hard	A List		Avoid
	Cheese - Goat milk soft	A List		Avoid
	Cheese Asiago			Allowed
	Cheese Blue			Allowed
	Cheese Brick*			Allowed
	Cheese Brie			Allowed
	Cheese Camembert			Allowed
	Cheese Cheddar: Mild, Medium (Sharp on occasion)*			Allowed
	Cheese Colby*			Allowed
	Cheese Edam			Allowed
	Cheese Gjetost			Avoid
	Cheese Goat Chevre Bucheron	A List		Avoid
	Cheese Goat Chevre Montrachet	A List		Avoid
	Cheese Goat Feta	A List		Avoid
	Cheese Goat Roquefort (blue veins)	A List		Avoid
	Cheese Gorgonzola			Allowed
	Cheese Gouda			Allowed
	Cheese Gruyere*			Allowed
	Cheese Havarti*			Allowed
	Cheese Limburger			Allowed
	Cheese Monterey (Jack)			Allowed
	Cheese Mozzarella (Pizza Cheese)			Avoid
	Cheese Muenster			Allowed
	Cheese Natural only			Allowed
	Cheese Parmesan (w/ no milk solids)			Allowed
	Cheese Port du Salut			Allowed
	Cheese Ricotta			Avoid
	Cheese Romano			Allowed
	Cheese Roquefort			Allowed
	Cheese Sheep Feta	A List		Avoid
	Cheese Sheep Roquefort	A List		Avoid
	Cheese Stilton			Allowed
	Cheese Swiss*			Allowed
	Chesse - Sheep milk hard	A List		Avoid
	Chesse any processed	Avoid		Avoid
	Cottage Cheese (regular)	Avoid		Avoid
	Cottage Cheese Dry Curd (No additives or cream added)			Allowed
	Icecream	Avoid		Avoid
	Kefir - Goat milk homemade	A List		Avoid
	Kefir (cows milk based)	?		Avoid
	Milk Almond	Avoid		Avoid
	Milk Cow	Avoid		Avoid
	Milk Cow Raw	?		Avoid
	Milk Goat	Avoid		Avoid
	Milk Goat Raw	A List		Avoid
	Milk Hazelnut	?		Avoid
	Milk Rice	Avoid		Avoid
	Milk Sheep	A List		Avoid
	Milk Soy	Avoid		Avoid
	Yoghurt - Home Made			Allowed
	Yogurt - Goat plain	A List		Avoid

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Meat	Meat - Free Range only oz.s	Some Allowed	All Inflammatory	Allowed	
	NO NITRATES - No Grain fed				
	*NO Pork Casings				
	Bacon: chicken, turkey*	ok			
	Beef	Avoid		Allowed	
	Beef FR	A List		Allowed	
	Buffalo	A List			
	Chicken	Avoid		Allowed	
	Chicken FR	A List		Allowed	
	Cornish game Hens	A List		Allowed	
	Duck	A List		Allowed	
	Elk	A List			
	Grain fed animals	Avoid			
	Guinea fowl	A List		Allowed	
	Hot dogs: buffalo, chicken, turkey*	ok		Avoid	
	Lamb FR	A List		Allowed	
	Liver / heart organs	A List	Avoid		
	Pork	Avoid	Avoid		
	Processed Meats			Avoid	
	Sausage: buffalo*	ok		Avoid	
	Sausage: chicken*	ok		Avoid	
	Sausage: turkey*	ok		Avoid	
	Smoked Meats			Avoid	
	Soy imitation	Avoid		Avoid	
	Turkey	Avoid		Allowed	
	Turkey FR	A List		Allowed	
	Veal	A List		Allowed	
	Veggie burgers	Avoid			
	Venison	A List			
	Fish	Ocean / River Fish	Most Allowed	Anti-inflammatory	Allowed
		Bluefish	A List	Anti-inflammatory	
		Cod (*long line caught from AK)	A List		
		Groupers	A List		
		Haddock	A List		
		Halibut (*Pacific Ocean)	A List		
		Herring (*Atlantic/Sardines)	A List	Anti-inflammatory	
		Mackerel	A List	Anti-inflammatory	
		Mahi mahi	A List		
		Orange roughy	A List		
Pmpano		A List			
Salmon (GF spring water canned ok)					
*Wild Caught Alaskan		A List	Anti-inflammatory		
Sardines (GF canned water or olive oil)					
		A List	Anti-inflammatory		
Scrod		A List			
Sea bass		A List			
Shellfish		Avoid	Avoid	Allowed	
Snapper		A List			
Sole		A List			
Tilapia (*US Farmed)		A List (NOT Farmed)			
Trout (*Rainbow Farmed)		A List (NOT Farmed)			
Tuna (GF spring water canned ok)					
*ONLY Albacore, Bigeye, Yellowfin (toll/pole-caught)		A List		Allowed	
Wahoo		A List			
Whitefish		A List	Anti-inflammatory		
All other fish (no farm raised).		Avoid			
See http://www.montereybayaquarium.org/cr/seafoodwatch.asp for best Sea Food purchases.					

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Tomatoe GF oz.s	Tomatoe GF oz.s	A List		
	Tomatoe Slices	A List		Allowed
	Tomatoe Sauce GF	A List		Avoid
	Tomatoe Ketchup GF	A List		Avoid
	Tomatoe Soup GF	A List		Allowed
	Tomatoe Juice instead of Tomatoe Paste, Puree, Sauce			Allowed
GF Bread - Slices	GF Bread - Slices		All Inflammatory	Avoid ALL
	Homemade Bread			
	Flours			
	Potatoe			
Juices oz.s				
	Juices oz.s			Not from Concentrate!
Beverages	Apple	Avoid	Inflammatory	Avoid
	Apple Pure Cider w/o additives	Avoid	Inflammatory	Allowed
	Cranberry	?	Inflammatory	
	Grape (white or dark/bottled ok w/o sugar avoid frozen)			Allowed
	Orange (avoid in morning)	Avoid	Inflammatory	Allowed
	Pineapple			Allowed
	Pink Grapefruit	A List	?	Allowed
	Pomegranate	A List	Anti-inflammatory	
	Tomatoe (Salt Only) Not V-8			Allowed
	Vegetable Fresh Squeezed			Allowed
	Beverages Other			Not Instant!
	Tea - weak			Allowed
	Coffee - weak			Allowed
	Spearmint / Peppermint			Avoid
	Milkshakes from homemade yoghurt			Allowed
	Beer			Avoid
	Wine Dry Only (add honey to sweeten)			Allowed
	Gin Occasionally			Allowed
	Scotch Occasionally			Allowed
	Rye Occasionally			Allowed
	Bourbon Occasionally			Allowed
	Vodka Occasionally			Allowed
	Sherry			Avoid
	Cordials			Avoid
	Liqueurs			Avoid
Brandy			Avoid	
Club Soda			Allowed	
Nuts	Raw Nuts / Seeds			
	Almonds	A List		Allowed
	Brazil	A List		Allowed
	Butter Almond	A List		
	Butter Hempseed	A List		
	Butter Pumpkinseed	A List		
	Butter Sunflower	A List		
	Butter Tahini, sesame	A List		
	Cashews	A List		Unroasted Allowed
	Chestnuts	A List		Boiled Allowed
	Chia Seeds		Anti-inflammatory	
	Coconuts	A List		Allowed
	Flaxseed ground	A List	Anti-inflammatory	
	Hazelnuts	A List		Allowed
	Macadamias	A List		
	Peanuts	A List		Roasted in Shell Allowed
	Peanut Butter without additives			Allowed
	Pecans	A List		
	Pistachio	A List		
	Pumpkin Seeds	A List		
	Sesame Seeds	A List		
	Sunflower seeds	A List		
Walnuts	A List	Inflammatory	Allowed	

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Omega-3 Omega-6 Teaspoons	Omega-3 / Omega-6 Teaspoons				
	Norwegian Cod Liver Oil		Anti-inflammatory		
	Chia Seeds		Anti-inflammatory		
	Flaxseed oil		Anti-inflammatory		
Soups / Broths	Soups / Broths				
	Broth Beef				
	Broth Poultry				
	Broth Soybean fermented paste (Miso)	ok		Avoid	
	Seaweed			Avoid	
	Soup Lentil	A List	OK		
	Soup Squash				
	Soup Stew				
Supplements mg	Supplements mg				
	(Homeostatic Soil Organisms)				
	Primal Defense Probiotic Soil				
	Bromelin	Anti-Inflam			
	B6				
	B12				
	EPA				
	DHA				
	GLA				
	Folic Acid				
	Stinging Nettle				
	Gingobiboa				
	Spices	Spice Tbsp			No pre-Mixed Spices!
		Agar-Agar			Avoid
		Agave Nectar			
Carob				Avoid	
Carrageenan				Avoid	
Cinnamin			Anti-inflammatory	Allowed	
Chocolate GF organic		ok		Avoid	
Honey				Allowed	
Pectin				Avoid	
Soy sauce		Avoid		Avoid	
Tamari		ok			
Salsa		A List			
Kosher sea salt		A List		Allowed	
Guacamole (fresh)		ok		Allowed	
Mayonaise homemade				Allowed	
Omega-3 mayonaise		?		Allowed	
Wasabe		?			
Ginger Pickled		?			
Ginger		A List	Anti-inflammatory	Allowed	
Extracts Vanilla alcohol based		ok		Allowed	
Extracts Almond alcohol based		ok		Allowed	
Mustard		?????		Allowed	
Nutmeg				Allowed	
Cayenne			Anti-inflammatory	Avoid	
Turmeric			Anti-inflammatory	Avoid	
Curry			Anti-inflammatory	Avoid	
Vinegars		Vinegars			
		GF Apple cider	ok		Allowed
	GF Red Wine Vinegars	ok		Allowed	
	GF White Wine Vinegars	ok		Allowed	
GF Bread - Slices	GF Bread - Slices	ok	Avoid	Avoid All but Nut	
	Homemade Bread		Avoid		
	Flours				
	Amaranth	ok			
	Nut Flours			Allowed	
	Potatoe	ok			
	Tapioca	ok			
	Rice	ok			
	Xanthum Gum	A List			
	Baking Soda GF Glabber Girl	A List		Allowed	
	Baking Powder			Avoid	
	Seaweed			Avoid	
	Starch Banned Sugars Banned	Starch / Sugars Banned	Avoid	Inflammatory	Avoid All
		Arrowroot Starch			Avoid
Corn		Avoid		Avoid	
Potatoes		Avoid		Avoid	

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Yams		Avoid		Avoid
Corn Starch		Avoid		Avoid
Maple Syrup (avoid sugar)		ok / Avoid		Avoid
Molasses (avoid sugar)		ok / Avoid		Avoid
Corn Syrup		Avoid		Avoid
Sargo Starch				Avoid
Tapioca Starch				Avoid
Grains oz.s			Inflammatory	Avoid All
Amaranth (is it cross contaminated?)		ok / Avoid		Avoid
Buckwheat (is it cross contaminated?)		ok / Avoid		Avoid
Cottonseed				Avoid
Quinoa (is it cross contaminated?)		ok / Avoid		Avoid
Rice Brown (avoid or small qty)		ok / Avoid		Avoid
Rice White		Avoid		Avoid
Soy (grits)		?		Avoid
Millet (probable cross contamination)		ok / Avoid		Avoid
Legumes			Inflammatory	Dried Beans Tolerated
Bean Sprouts				Avoid
Black beans				
Chick Peas (Garbanzo Beans)				Avoid
Fava beans				Avoid
Lima beans				Allowed
Kidney beans				
Great Northern beans				
Navy beans (White)				Allowed
Soybeans				Avoid
Lentils		A List	ok	Starches tolerated
Black eye peas				
Split peas			Avoid	Allowed
Pinto beans				
Small red beans				

Sources:

"The Makers Diet" by Jordon S. Rubin

"The Inflammation Free Diet Plan" by Monica Reinagel She uses U.S. an Australian research on anti-inflammatory foods.

"Breaking the Vicious Cycle: Intestinal Health Through Diet Plan" by Elaine Gloria Gottschall

The "Makers Diet" book list foods as A or B with A being the best food. The book also lists foods to completely avoid and foods that are ok but are not the best choice.

**

"The Inflammatory Free Diet Plan" book tries to balance inflammatory and anti-inflammatory foods in the diet and minimize the overall affect of inflammatory foods. Inflammatory foods should be avoided if possible **but** as long as you eat more anti-inflammatory foods overall than inflammatory foods you should see results. The book lists "OK" foods also which is still not the best choice but go ahead if you want to.

Specific Carbohydrate Diet listed in chapter 9 in "Breaking the Vicious Cycle" works to minimize starches/sugars and dissacharides across all foods.

The point is that starches, sugars, and inflammatory foods cause continued inflammation in the gut, the body and cause problems. This list compares all three diets and highlights the most Anti-Inflammatory foods as listed by all three diet plans. The list is not a comprehensive list since the research is not comprehensive yet.

If the box is shaded grey then it is noted as Inflammatory or you need to avoid that food per that diet. Not every cell has the word avoid or inflammatory since it is so redundant.

The Green shading indicates the group of foods.

Blue indicates the most anti-inflammatory foods or foods to incorporate into diet as the best.