
NUTRITION EDUCATION

High-pH Anti-Inflammatory Eating Guide

Chronic inflammation contributes to joint pain, gout flares, plantar fasciitis, tendonitis, and slow healing. An alkaline-leaning, anti-inflammatory pattern of eating emphasizes whole plant foods, healthy fats, and fewer processed and acid-forming items. This is a supportive approach — not a replacement for prescribed medication.

Core Principles

- Fill ■ of every plate with vegetables and fruit
- Choose whole, minimally processed foods over packaged items
- Use olive oil, avocado, nuts, and fatty fish as your main fat sources
- Drink plenty of water — add lemon or cucumber for a mildly alkalizing boost
- Reduce added sugar, refined flour, and processed meats

Alkalizing & Anti-Inflammatory Foods to Emphasize

- Leafy greens: spinach, kale, arugula, Swiss chard, romaine
- Cruciferous vegetables: broccoli, cauliflower, Brussels sprouts, cabbage
- Other vegetables: celery, cucumber, zucchini, bell peppers, asparagus, beets
- Fruits: lemons, limes, berries, apples, pears, melon, avocado
- Healthy fats: extra virgin olive oil, avocado, walnuts, almonds, flaxseed, chia
- Fatty fish (omega-3s): salmon, sardines, mackerel, trout — 2–3 servings/week
- Herbs and spices: turmeric, ginger, garlic, rosemary, cinnamon, parsley
- Whole grains in moderation: quinoa, millet, oats, brown rice
- Legumes: lentils, chickpeas, black beans
- Green tea and herbal teas

Acid-Forming & Inflammatory Foods to Limit

- Added sugar, soda, candy, pastries, sweetened cereals
- White bread, white pasta, white rice, processed snacks
- Processed meats: bacon, sausage, deli meats, hot dogs
- Fried foods and trans fats (margarine, hydrogenated oils)
- Excess red meat — limit to 1–2 small servings per week

- Alcohol, especially beer and sugary cocktails
- Excess coffee — if used, keep to 1–2 cups before noon

Sample Day

- **Morning:** Warm water with lemon, then oatmeal topped with berries, walnuts, and a sprinkle of cinnamon
- **Lunch:** Large salad with mixed greens, chickpeas, cucumber, avocado, olive oil and lemon dressing
- **Snack:** Apple slices with almond butter or a small handful of walnuts
- **Dinner:** Baked salmon with turmeric, roasted broccoli and sweet potato, side of sautéed kale
- **Evening:** Cup of ginger or chamomile tea

Simple Daily Habits

- Start the day with a glass of warm water and lemon
- Add a handful of leafy greens to at least two meals each day
- Swap one processed snack for fruit, nuts, or vegetables
- Use olive oil instead of butter or margarine
- Cook with turmeric and ginger several times a week

A few cautions:

- If you take blood thinners, talk to your doctor before increasing leafy greens or turmeric
- People with kidney disease should not increase potassium-rich foods without medical guidance
- This pattern supports — but does not replace — medication for gout, arthritis, or autoimmune disease

Questions about diet and foot pain?

- Call 662-449-3663 to discuss how nutrition fits into your treatment plan
- We can refer you to a registered dietitian if you'd like individualized guidance