Pediatric Anti-Inflammatory Diet Pyramid

Healthy Sweets - sparingly (such as plain dark chocolate)

Healthy Herbs & Spices - unlimited (garlic, ginger, turmeric, cinnamon)

Tea - daily (white, green oolong decaffeinated)

Fish & Seafood - twice a week (wild Alaskan salmon, Alaskan black cod, sardines)

Dairy & Other Sources of Protein daily variety (high quality natural cheeses and yogurt, omega-3 enriched eggs, skinless poultry, lean meats)

Whole Soy Foods - 1-2 a day (edamame, soy nuts, soymilk, tofu, tempeh)

Healthy Fats - daily (extra virgin olive oil, expeller-pressed canola oil, nuts - especially walnuts, avocados, seeds including freshly ground flaxseeds)

Whole & Cracked Grain - 3-5 a day

Pasta (al dente) 2-3 a week

Beans & Legumes 1-2 a day

Vegetables - 4-5 a day (raw and cooked, all colors, organic when possible)

Fruits - 3-4 a day (fresh in season or frozen, organic when possible)

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