

The immune system’s response to an inflammatory diet diverts the body’s energy from healing and repair and allows whatever is latent in our genetic makeup to “kick up” whatever is chronic (arthritis, migraines, depression) to worsen.

Chronic inflammation exacerbates and hastens the aging process because it floods tissues with free radicals and promotes the destruction of normal cells. Chronic low-grade inflammation contributes to the aging process, and research shows that is a major contributor to the aging of the cardiovascular and nervous system. Inflammation is now recognized as one of the key risk factors for heart disease, diabetes, high cholesterol and stroke and cognitive and neurological disorders. *While the list seems extensive most people are only reactive to 3-4 items.*

Below is a list, based on my research, of many foods eaten on a daily basis and their potential of reactivity:

**Reactive foods**

**90- 95% Reactive**

- Farm raised fish
- Deli meats
- Most sushi (*the majority of sushi restaurants will use farm raised fish unless you’re eating in a high-end restaurant*)

**85% Reactive**

- Shrimp
- Turkey
- Tomato sauce
- Eggplant
- Oatmeal
- Greek yogurt
- Black beans
- Cannellini beans
- Cauliflower
- Cabbage
- Hard-boiled eggs
- Non-organic spinach
- Cottage cheese
- Grapefruit
- Salmon
- Asparagus
- Bagels

**70% Reactive**

- Yogurt, regular
- Green beans
- Oranges
- Pork
- Pasta

**60% Reactive**

- Peppers
- Mushrooms (excluding shiitake)
- Swordfish
- Cod
- Tuna

**60% Reactive (cont.)**

- Edamame
- Pineapple
- Grapefruit
- Cod (*unless you are thyroid deficient, in which case it lowers to 30%*)

**50% Reactive**

- Veal
- Cow’s milk
- Couscous
- White rice
- Almond milk
- Quinoa
- Artichokes
- Potatoes
- Tomatoes
- Bananas

**40% Reactive**

- Wild white fish
- Lentils
- Peas
- Lactose-free milk
- Tahini

**30% Reactive**

- Egg whites
- Nut butters made with roasted nuts
- Strawberries
- Tofu
- Snow peas

**20% Reactive**

- Bread
- Scallops
- Steak
- Roasted nuts (*if you have chronic illness, auto-immune disease, or depression this bumps up to 75%*)

**20% Reactive (cont.)**

- Snow peas
- Bok Choy
- Cow’s cheese
- Sesame seeds
- Tempeh

**5% or less reactive**

- Pit fruits (*mangoes, apples, avocados, etc.*)
- Garlic
- Chickpeas
- Raw onions
- Shiitaki mushrooms (*may be higher if you have systemic yeast*)
- Chard (*will be much higher if you have thyroid issues*)
- Spinach, organic (*will be much higher if you have thyroid issues*)
- Radicchio
- Endive
- Lamb
- Chicken
- Goat or sheep’s cheese
- Pears
- Berries (except strawberries)
- Broccoli
- Carrots
- Kale
- Zucchini
- Winter squash
- Beets
- Mixed greens
- Arugula (*will be much higher if you have thyroid issues*)