

TOWER OF POWER

Every diner at Andrew Weil's True Food Kitchen restaurants gets a copy of this what-to-eat-at-a-glance rendering of his anti-inflammation diet.

SPICES

The compounds in ginger, turmeric, and other spices protect our tissues and organs from inflammation.

LEGUMES

Eat less poultry, which contains pro-inflammatory fats, and more vegetable protein (whole soy foods, beans, lentils, and other legumes).

CHOCOLATE

It has its place, in moderation. The type Weil recommends—plain and dark, with at least 70 percent cocoa—is relatively low in sugar and provides healthy fat.

DAIRY

Though the diet limits foods of animal origin, Weil encourages the consumption of high-quality dairy products like yogurt and natural cheeses.

FISH

Eat fish at least twice a week. Choose oily varieties (wild Alaskan salmon, sardines, herring, and black cod) that provide anti-inflammatory omega-3 fatty acids.

WHOLE GRAINS

To keep blood sugar low and stable, swap in slow-digesting whole grains for white potatoes, crackers, chips, and other snacks.

VEGETABLES

Opt for low-glycemic carbs, which won't spike blood sugar. Think starchy roots, tubers, and winter squashes.

FRUITS

Minimize consumption of tropical fruits, like bananas and pineapple, and load up on berries, cherries, apples, and pears.

