



Dr. Ann's FRIDGE FRIENDS

OPTIMIZE IMMUNITY CHEAT SHEET

ENJOY *these foods*

- ★ **Legumes** – all beans, peas, and lentils; fresh, frozen, canned or dried
- ★ **Whole Grains** – intact whole grains best (oatmeal, brown rice, quinoa, barley, etc.)
- ★ **Fruits and Veggies** – choose a variety of brightly colored fruits; go for deeply colored veggies, especially those that are green, red, and orange; fresh or frozen fruits and veggies fine
- ★ **Omega 3 Rich Seafood** – salmon, sardines, halibut, tuna, lake trout, and oysters
- ★ **Be especially vigilant in including the immune-optimizing grand slammers** – any variety of berries (fresh or frozen), pomegranates, mushrooms (all types), extra virgin olive oil, walnuts, hot peppers, garlic, oysters, and broccoli sprouts. These are the “best of the best foods” for immune health.
- ★ **Fermented foods** – plain kefir, plain yogurt, kimchi, miso, tempeh, kraut, kombucha, and any other fermented foods with live, probiotic cultures
- ★ **Green tea** – especially matcha
- ★ **Water** – stay hydrated by drinking 6-10 glasses of clean water daily

AVOID *these foods*

- × **Red Meat** – especially fatty cuts and processed varieties (bacon, sausage, hot dogs etc.)
- × **Sugary Foods and Beverages** – limit “added sugars” to less than 6 tsp/day for women and 9 tsp/day for men (note 1 tsp is 4 grams of sugar)
- × **Refined Starches** – AKA The “Great White Hazards” – white flour products, white rice and white potatoes
- × **Alcohol** – limit to one drink or less a day; choose red wine when/if you drink
- × **Processed Foods** – if your Great, Great Grandmother could not have eaten it, avoid it!