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The Anti- Inflammatory And Elimination Diet For Adults ...What Should Your Diet Be Composed Of? (Dairy Whole Grains 3 Oils Vegetables 4-5 Svg/day Fruits 1-2 Svg/day Healthy Cold-pressed (Extra Virgin, Canola Flaxseed, Nut-based Oils), 2-4 Svg/day Fish, Seafood 3-5 Svg/week Lean Meat, Poultry, Eggs 3-5 Svg/week Beans, Legumes 2-4 Svg/week Red Meat 1-2 Svg/week Nuts And Seeds 1-2 Svg/ Day (Gluten-free If Feb 1th, 2024Anti-Inflammatory Diet - Osumc.eduTalk To Your Doctor Or Health Care Team If You Have Any Questions About Your Care. For More Health Information, Go To

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