

Foods For Sciatic Pain

Food Groups	Safe	Avoid
Drinks	<ul style="list-style-type: none"> Herbal Tea (For green tea see below) 100% fruit juice milk 2/12 to 3 liters per day 	Any drinks with caffeine. Always read the label: Coffee, tea, soda, alcohol
Vegetables	<ul style="list-style-type: none"> Any dark green leafy vegetable* Carrots Pumpkin* Fiber rich foods Soy beans Avocado 	<i>All vegetables are OK but make sure the majority of your veggies are high in magnesium</i>
Fruit	<ul style="list-style-type: none"> All Berries (anti-inflammatory) Fresh Pineapple Apples Bananas in moderation Mangoes 	<i>All fruits are OK but make sure the majority of your fruits are high in magnesium. Note that bananas can cause constipation.</i>
Meats & Fish	<ul style="list-style-type: none"> Salmon Herring Mackrel Grass feed beef 	<u><i>The first 2 weeks you need to avoid all animal products.</i></u>
Dairy	<ul style="list-style-type: none"> Milk Low fat Yogurt cheese 	<u><i>The first 2 weeks you need to avoid all animal products.</i></u>
Snacks	<ul style="list-style-type: none"> Almonds Pumpkin seeds Cashews Dark chocolate (1 square at a time) 	<i>Watch out for caffeine and caloric intake with snack. Your aim on this diet is to reduce inflammation.</i>
Spices & Oils	<ul style="list-style-type: none"> Tumeric Ginger Garlic Cayenne pepper Olive Soy oil 	<i>Safflower, Sunflower, corn, sesame, margarine, vegetable oils. Including products with these items.</i>
Grains	1/2 a cup of Brown rice Whole Grain Bread	