



## DIET, VITAMINS, AND MINERALS FOR ADHESIVE ARACHNOIDITIS (AA)

### DAILY PROTEIN, SUGAR RESTRICTED, ANTI-INFLAMMATORY DIET

1. Each day: eat one or more of these protein foods: beef, lamb, pork, poultry (chicken, turkey), seafood (fish, shrimp, crab), cottage cheese, eggs
2. Each day: eat some vegetables and/or fruits
3. Stop drinks that contain regular sugar (carbohydrates) including fruit juices and soft drinks
4. Restrict sugars and starches known as carbohydrates (e.g., breads, candy, pastries, pasta, pizza)

NOTE: If you cannot tolerate daily protein foods, an amino acid or collagen supplement is advised.

<u>COMMON PROTEIN FOODS</u>	<u>SOME ANTI-INFLAMMATORY VEGETABLES/FRUITS</u>	<u>RESTRICT HIGH SUGAR FOODS</u>
Seafood: fish, shrimp, crab Beef Pork Lamb Poultry: chicken, turkey Eggs Cottage cheese	Broccoli Green beans Leafy greens: spinach lettuce, kale Peas Corn Blueberries Apples Oranges Pineapple Grapes Watermelon Cantaloupe	Regular sodas Pasta Breads Noodles Pastries Candy French fries Pizza Fruit juice

### Vitamins

Vitamin C, 1000-2000 mg in AM and PM

Vitamin B-12, 500 to 1000 mcg daily

Vitamin D, 500 to 800 units a day

Minerals: Magnesium, selenium, zinc, boron

A person with AA is well advised to use more than one mineral. Take one of the minerals each day. They can be rotated.