

Foods and their AA Levels		AA Levels		
			Ham sliced	40
Chitterlings	1860		Beef sausage	40
Chicken Heart	720		Hamburger 95% lean	40
Pork, Liver	530		Rib eye steak	40
Brain, Beef	450		Top sirloin	40
Chicken, Giblets-fried	380		Beef flank	30
Chicken, Liver	330		Chicken pot pie	30
Beef, Kidneys	330		USDA Beef patties	30
Turkey, Liver	330		Pork skins	30
Bear meat	320		Bologna-Beef	30
Pork, Heart	310		Deer, Tenderloin	20
Turkey, Fat	300		Sausage/pepperoni pizza	20
Veal, Heart	280		Chili con carne	20
Turkey, Bacon	260		Turkey heart lunch meat	20
Pate de foie gras	250		Pepperoni Pizza	10
Beef, Liver	230		Pasta, meatballs, tomato sauce	10
Chicken, Stewed	200		Baked Goods & Pasta	
Quail	190		Crème puffs	50
Salami (Hard), Pork	160		French toast	40
Turkey-Dark meat	160		Peanut-butter cookies	40
Pork cured-Bacon	150		Doughnut	30
Cornish hen	150		Éclair, custard pastry	30
Turkey Ham	140		Waffles	20
Veal, Bratwurst	130		Yellow cake	20
Bologna- (chicken, Pork)	110		Brownies	20
Chicken wings	110		Apple cinnamon Danish	20
Pork cured Ham	110		Pancakes	20
Chicken leg	100		Banana crème pie	20
Chicken thigh	100		Egg custard pie	20
Chicken Fat	100		Lemon meringue	20
Pork Sausage	90		Sweet roll	20
Veal	90		Coffee cake	20
Bison	80		Pound cake	20
Turkey-white meat	80		Egg custard	10
Lamb-lean	70		Ice cream, vanilla	10
Turkey Bologna	70		Cheese cake	10
Beer worst	60		Chocolate chip cookie	10
Pork Chops--oven fried	50		Oatmeal cookies	10
Chicken Parmesan	50		Vanilla wafers	10
Beef tenderloin-lean	40		Muffins	10
Beef-Porterhouse	40		Dinner roll	10
Beef-T Bone	40		Corn bread	10
Beef Ribs	40		Pasta made with eggs	10

Pork Tenderloin	40	
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FISH	
Atlantic salmon, farmed	150
Atlantic salmon, wild	50
Channel catfish	40
Sardine, pacific	40
Channel catfish, farmed	40
Flounder	30
Tuna salad	30
Bass, freshwater	30
Rainbow trout, wild	30
Tilefish	20
Walleye	20
Snapper, mixed species	20
Swordfish	20
Grouper	20
Shrimp, fired	20
Coho salmon, wild	10
Blue crab	10
Clams	10
Mussels	10
Shark, mixed varieties	10
Octopus	10
Perch, mixed species	9
Caviar	8
Yellow tuna, wild	7
Roe, mixed varieties	6
White tuna, canned	6
Chinook salmon	5
Pink salmon, wild	5
Haddock	5
Cod, Atlantic	5
Atlantic Mackerel, wild	4
Scallops	4
Smelt	3
Sockeye salmon	3
Halibut, Greenland	3
Oysters, farmed	3
Alaskan king crab	2
Chum salmon	2
Oysters, wild	2
Cod, Pacific	2

Fish	
Rainbow trout, farmed	1
Anchovy, European	1
Seaweed, Wakame	1
Sea Bass, mixed varieties	1
Squid, mixed varieties	1
Mahi-mahi	1
Atlantic Herring	1
Dairy	
Cow's milk	0
Cheese, cow's milk	0
Salad dressing & mayonnaise	20
Egg yolk	340
Egg white	140
Egg salad	120
Fast-Food	
Breaded chicken-dark meat	90
Biscuit-egg-bacon	60
Biscuit-egg	50
Biscuit-Ham	30
Snacks	
Peanuts	40
Potato sticks	30
Potato pancakes	30
Hush puppies	20

If you have an inflammatory disease you should build a diet around foods that will keep your AA, arachidonic acid, numbers below 100 for the day. Remember that it is the AA in foods we eat that triggers the damage process in the body. Wild fish are best. Free range animals or wild game are best. Grain fed beef, turkey, chickens, and now fish are the worst. You cannot lose weight if you don't first stop the inflammatory process.

Herring, Atlantic	2
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