

## High Lysine, Low Arginine Foods (Mouth sore healing & Anti-inflammatory Diet)

### Foods with a higher lysine-to-arginine ratio:

- **Meat & Poultry:** Chicken, turkey, beef, lamb
- **Fish:** Cod, sea bass
- **Dairy:** Yogurt (choose the best quality and Greek if you need more protein), Parmesan, butter (limit dairy in general)
- **Eggs:** Don't overdo, as egg yolks contribute to vitamin A toxicity in the liver. Emphasize meat, and use eggs as a back-up if needed occasionally.
- **Legumes:** Lentils, beans (kidney, black, navy), chickpeas -- All of these are a great source of dietary fiber and aid detoxing through the GI tract.
- **Grains, Nuts & Seeds:** Quinoa, amaranth, pumpkin seeds, macadamia nuts
- **Vegetables:** Potatoes, cauliflower, iceberg lettuce, celery, zucchini (peeled), cooked green beans, romaine hearts, asparagus, white carrots (in moderation)
- **Fruits:** Figs, plums, pears, apples (peeled or dried), Asian pears, prunes
- **Miscellaneous:** Dill, honey, canned bamboo shoots (drained)

### As you see healing happen, reintroduce:

- Soaked oatmeal (simply soak for 20 to 30 minutes, or overnight if preferred)
- Soaked brown rice (soak 30 minutes or up to overnight in [activated charcoal](#) water; use 1/2 teaspoon AC; drain and rinse before cooking)
- [Sourdough](#)
- [Carob-bean brownies](#)
- Pomegranate, pineapple and honeydew melon (in moderation)