

Anti- Inflammatory Diet

An anti-inflammatory diet focuses on fresh fruits, vegetables, healthy fats, fiber and some herbs & spices. The anti-inflammatory food that promote health are mostly whole foods or fresh produce. The pro- inflammatory foods are those that promotes inflammation, are found in highly processed and packaged food.

Omega- 3 Fatty Acids

Fatty fish (salmon, herring, sardines, tuna, lake trout, and mackerel), **nuts and seeds** (walnuts, flaxseeds, chia seeds).

TIP: Include fatty fish 2-3 times per week, snack on handful of nuts & toss seeds on salads.

Omega 3 role plays a role in regulating body's inflammatory process

Eat More of these foods

Brightly Colored Fruits

Fruits like pineapple, cherries, peaches, pineapple, berries, grapes, orange, apple, kiwi etc.



Colorful Vegetables

Vegetables like carrots, sweet potato, squash, peppers, broccoli, cabbage, green beans, dark leafy greens, brussels sprouts.

TIP: Make fruits and veg half of your plate

Brightly colored fruits & vegetables, supply important antioxidants and phytochemicals that are powerful anti-inflammatory nutrients

Fiber

Legumes (beans, peas, lentils etc.)

Whole grains (brown rice, bran, quinoa, millet, oatmeal) corn) & fruits and vegetables.

TIP: Good fiber goal is 25-30 gms of fiber every day

Fiber may help in reducing inflammation

Mediterranean diet

The Mediterranean Diet has shown to reduce inflammation and produce favorable effects in the body.

- Plant-based pattern (though not exclusively),
- Rich in fresh fruits and vegetables.
- Include whole grain cereals and legumes.
- Emphasizes nuts, seeds, and olive oil as sources of fat.
- Includes moderate consumption of fish and shellfish, white meat, eggs.
- Includes fermented dairy products (cheese and yogurt).
- Small amounts of sweets.
- Less red and processed meat.

Monounsaturated Fatty acids

Oils like olive, canola, safflower, peanut oils & avocados.

TIP: 1-2 tsp. oil per meal, ¼ avocados 2-3 times per week

Healthy fats fights inflammation

Herbs & Spices

Spices such as rosemary, ginger, cumin, cinnamon and turmeric and dark chocolate (>70%).

May contain anti-inflammatory compounds

Pro- Inflammatory Foods

Eat less of these foods

Trans Fatty Acids

Partially hydrogenated oil baked goods (cakes, pie, crust, frozen pizza, cookies), fried foods (donuts, fries)



Processed meat

Lunch, deli meats, hot dogs, bacon, sausage, pepperoni, fried chicken



Saturated fats

Red meat, butter, palm oil, whole milk and its products.



Sugar & Simple carbohydrates

White breads, White pasta, white rice, English muffins, bagels, sweetened cereals, sweets like candy, cookies baked goods etc.

Added sugar & refined carbs increases inflammation

They contain unhealthy fats that are linked to inflammation

Chronic, sustained inflammation is linked to an increased risk of diseases like cancer, diabetes, heart disease, arthritis, depression and obesity.