

Anti-Inflammatory Food Guide



✦ Our immune system can become activated based on various reasons including injury, illness and our diet. One of the best ways to help inflammation is through our diet. In addition to lowering inflammation in the body, consuming less processed foods can have noticeable effects on your physical and emotional health. This guide provides a list and ideas to choose anti-inflammatory foods to help your body in the long run. ✦

Anti-Inflammatory Foods

- Nuts
- Fruits
- Omega 3 – Fatty Fishes
- Vegetables
- Herbal Teas
- Olive Oils
- Dark Chocolate





Anti-Inflammatory Foods

Nuts

Eating nuts by themselves or nut butters with fruit, veggies, toast or crackers

1tbsp of your favorite Peanut, Almond, Cashew or Sunflower Butter as a single serving size with fresh cut apple, banana, dates, celery, slice of toast, rice cakes or crackers

Walnuts, Pistachios, Pecans, Almonds, Peanuts, Pepitas...etc.

Good nut butter brands are the following: Santa Cruz, RX, Justin's, Barney, MaraNatha, Sunbutter and others. Watch for added sugars to the ingredients.



Fruits

Fresh Fruits such as: Strawberries, Blueberries, Blackberries, Raspberries, Avocado, Grapes and Cherries

For a more filling snack use 1 cup of fresh fruit and add yogurt, granola, cheese, or nuts.





Omega 3 – Fatty Fishes

Salmon, Herring, Sardines or Mackerel

Ideas for meals include: Herb-Roasted Salmon, Marinated or Pickled Herring, Canned Sardines cooked into pasta dish or Grilled Mackerel



Vegetables

Best anti-inflammatory vegetables include: Tomatoes, Spinach, Mushrooms, Kale, Brussel Sprouts and Broccoli

Add your vegetables steamed, roasted or sauteed as a side dish with your meals.
For a filling snack use 1 cup of veggies and add a dip or hummus to enjoy.





Herbal Teas

Green tea, Chamomile, Turmeric, Ginger and more

There are great antioxidants in teas that can help with the inflammation we are healing in our body. Remember you don't always have to drink your tea hot; you can also make it an iced tea with fresh herbs and fruit thrown in.

Great tea brands to buy: Traditional Medicinals, Yogi, Stash, FGO Organic



Olive Oil

Olive Oil is a healthier oil to use for cooking instead of butter or vegetable oils. Extra virgin olive oil is the best and most natural form that offers anti-inflammatory properties.



Dark Chocolate

Studies show dark chocolate consumption reduces stress and inflammation, while improving memory and mood. So, if you have a sweet tooth this is a great item to add in on an occasional basis.

For a more filling snack look for dark chocolate covered nuts or berries to eat or make at home.

