



Anti-inflammatory diet:

- Increase the amount of omega-3 fatty acids

These are healthy fats found in nuts (especially walnuts), avocados, salmon (and to a lesser extent other fatty fish), flaxseed, chia seeds, canola oil.

- Avoid saturated fats

Switch from butter and cream to unsaturated oils. Consume animal products such as meat and cheeses in moderation. Avoid fried foods.

- Decrease the amount of refined carbohydrates

Avoid added sugars. Avoid white bread, pastries, sodas, other processed or refined foods. Limit white potato intake.

Good carbohydrate sources include unprocessed or minimally processed whole grains, vegetables, whole fruits, and beans. When preparing a meal on a plate, 25% of the plate should be a good carbohydrate source.

- Eat plenty of fruits and vegetables

Eat a variety of vegetables of all colors, especially leafy green, preferably fresh or frozen. Try to eat 40 grams of soluble fiber a day, with a large majority of this coming from vegetables (beans are an excellent source of fiber and protein). When preparing a meal on a plate, 50% of the plate should be vegetables.

- Lean protein with meals

Such as salmon, eggs, white meats (skin removed), cheese, and beans. About 100gm of protein daily for healthy individuals (less for people with liver or kidney problems). When preparing a meal on a plate, 25% of the plate should be a protein source.

- Spices that may have some anti-inflammatory properties include -

Tumeric, ginger, cinnamon, garlic, black pepper.

A good rule of thumb is to consume a daily diet that is roughly 30% protein, 30% fat and 40% carbohydrates.

