

ANTI-INFLAMMATORY DIET

What is inflammation?

- The body's way of protecting itself, fighting infections, increasing blood flow, and signaling that something is wrong
- It's a good thing, unless there's too much of it!
- It has been linked to almost all medical conditions and diseases
- Can be affected by stress, exercise, and diet

Aim for 5-7 servings of fruit and vegetables each day

- Aim for at least half to be vegetables and remember: the deeper the color, the more protection against inflammation they can provide
- Leafy greens: spinach, kale, collards, arugula, endive
- Berries: blueberries, raspberries, strawberries, blackberries
- Other: Peppers (bell and chili), mushrooms, grapes, tomatoes, cherries

Consume about 30 grams of fiber each day

- A lot of this can come from fruits and vegetables
- Limit refined carbohydrates like white bread, white rice, rice or corn cereals, crackers, cookies, and cakes
- Try to include brown rice, oatmeal, whole-wheat bread, or other whole grains

Get in plenty of healthy fats

- Choose unsaturated fats like olive, fish, or flax oil over saturated or trans fats
- Look for omega-3's from fatty fish like salmon, tuna, anchovies, and sardines
- If you can, use extra virgin olive oil, which retains more anti-inflammatory nutrients than non-virgin varieties
- Other sources include avocado, flax, walnut oil, canola oil, and grapeseed oil

Try some spices or herbs with anti-inflammatory compounds

- Ginger
- Rosemary
- Garlic
- Turmeric
- Oregano
- Cumin
- Cayenne
- Cloves
- Nutmeg
- Boswellia
- Willow bark
- Feverfew

Focus on plant-based or lean animal proteins

- Legumes, nuts, and seeds are great plant-based proteins
- Nuts: walnuts, peanuts, pistachios, and almonds
- Seeds: pine nuts, chia seeds
- Try to have one cup of pinto, black, red kidney, or garbanzo beans twice a week

Other considerations

- If you know you have intolerances, make sure to avoid those foods
- Try to limit the amount of sodium you consume
- Alcohol may increase inflammation