

The Anti-Inflammatory Diet

What is inflammation and why do we need to worry about it? It is a key component of the body's natural healing system. It is the normal response to injury or irritation. It serves to bring more blood and immune activity to an injured area and is characterized by signs of swelling, redness, heat and pain. It would be great if inflammation would stay where it was needed but unfortunately if it is misplaced, prolonged or occurring in appropriate places, it becomes a problem for the body.

In many chronic diseases, inflammation may be the cause. Arthritis, asthma, heart disease, and Crohn's disease are just a few examples of chronic inflammatory diseases.

There are many treatments for these chronic diseases, however, there is hard evidence that changing the diet plays a part in an anti-inflammatory affect. It may take six-eight weeks to notice a decrease in symptoms, but they will occur. The following is a list of dietary steps to take to decrease inflammation in the body.

- Eat plenty of fresh fruits and vegetables. Buy organic produce if you can. Emphasize the anti-oxidant rich fruits such as berries (black, blue, raspberries, strawberries), red grapes, and cruciferous vegetables such as the cabbage family.
- Add sources of omega-3 fatty acids such as fatty fishes (wild salmon, sardines, mackerel, black cod, sablefish) or pharmaceutical grade fish oil. Add olive oil, flaxseed or flaxseed oil, nuts (raw/unroasted) and organic fortified eggs (with DHA).
- Decrease animal sources of calcium. Calcium citrate supplements with vitamin D added are a good idea.
- Use only whole grain foods, breads, rolls, and cereals. They should also be low in sugar.
- Add beans, legumes and seeds as protein sources.
- Decrease animal meats, use only lean cuts or hormone free varieties.
- Add cooked mushrooms, avoid raw mushrooms.
- Add organic white tea, green tea or oolong tea daily. Tea has great anti-oxidant properties.
- Red wine has anti-oxidant properties. Add only after consulting your physician.
- Add dark chocolate. Look for organic varieties with 70-73% cocoa content.

Food Choices Guide Anti-Inflammatory Menu

	Choose more often:	Choose less often:
Protein		
	Beans Black cod Legumes Mackerel Omega-3 fatty acids Sablefish Sardines Seeds Soybeans Tofu Wild salmon	Bacon Beef Bologna Breaded fish Chicken Hot dogs Lean hormone free cuts meat occasionally Liverwurst Pepperoni Pork Processed lunch meats Salami Sausage Seafood prepared with butter Steaks Turkey Whole eggs
Fats and oils		
	Almond butter unsalted Avocados Cashews Extra virgin olive oil Flaxseed oil Peanut butter unsalted Raw/unroasted nuts	Butter Cheese Chocolate Coconut Coconut milk Coconut oil Ice cream Mayonnaise Partially hydrogenated Vegetable oil Red meat Whole milk
Carbohydrates		
	Apple Artichokes Barley Bell pepper strips Black beans Blackberries Blueberries	Candy Corn Corn Flakes Corn syrup Cream of wheat Dark Chocolate Fruit Juice from concentrate

	Broccoli Brussels sprouts Cabbage Cauliflower Collard greens Cooked mushrooms Fresh Fruit Fresh Vegetables Horseradish Kale Kohirapi Pineapple Potato Radishes Raisins Red grapes Rutabaga Snow peas Spinach Swiss chard Turnips Whole Grain Bread Whole Grain Cereal Whole Grain Roll	Green Tea Oolong Tea Peas Potatoes Red wine Refined sugar Soft Drinks White Bread White pasta White rice White Tea
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Anti-Inflammatory Sample Menu

	Day 1	Day 2	Day 3	Day 4
Breakfast	2 Omega-3 enriched eggs scrambled with ¾ C spinach and mushrooms ½ C strawberries	Anti-inflammatory Shake: 2 level scoops whey protein powder 1-2 Tablespoons lecithin granules 1 C blueberries 2-3 Tablespoons ground flaxseed 1 C soy milk 3 ice cubes ¼ teaspoon cinnamon Blend all ingredients well!	Huevos Rancheros: 1 Egg and 3 Egg whites scrambled with ½ C black beans, sliced tomato, sliced black olives and 3 slices avocados	1 C soymilk 3 oz Smoked salmon and 1 Tablespoon Low-fat cream cheese omelet made with 2 whole eggs and 2 egg whites
Lunch	4 oz grilled salmon ½ C broccoli ½ baked potato	4 oz broiled halibut 1 C carrot sticks 2 kiwi fruits	Spinach salad with sliced apple, handful walnuts and olive oil vinaigrette Tofu lettuce wraps	Tuna Sandwich ½ C carrot sticks 1 oz dark chocolate
Dinner	Tofu stir fry with broccoli, yellow squash, snow peas, almonds, ginger with sesame oil ½ C brown rice	Burrito with ¾ C black beans, grilled red and green peppers and onion. ½ C strawberries	Crab with avocado Cauliflower ½ C raspberries 1 glass red wine	6 grilled shrimp ½ C soybeans ¼ C pineapple salsa
Snacks	Handful cashews	Peaches or Nectarines	½ pink grapefruit	Celery sticks with almond butter