

Anti-Inflammatory Diet



#1 Choose Anti-Inflammatory Fats – To reduce inflammation, focus on anti-inflammatory fats, or fats high in Omega 3. Avoid fats that cause inflammation including animal fats and oil high in Omega 6.

Include	Limit	Avoid
Olive Oil	Safflower oil (Regular, not "High Oleic")	Butter
Avocados and avocado Oil	Sunflower oil	Cream and half-and-half
Flaxseeds, chia seeds	Corn oil	High-fat meat
Organic canola Oil	Soybean oil	Full-fat dairy
Sesame Oil/ sesame seeds	Grapeseed oil	Cottonseed oil
High Oleic Safflower Oil		Palm oil
Fish (contains DHA and EPA Omega 3)		Deep fried foods, including potato and tortilla chips
Walnuts, Almonds, Cashews,		Any food that includes "partially hydrogenated ____ oil" in the ingredients

#2 Eat Plenty of Brightly Colored Fruits and Vegetables - It's best to get a variety of produce to make sure you're consuming different vitamins, minerals, and antioxidants to fight inflammation. Aim for at least 3 cups of vegetables and 2 cups of fruit per day. Purchasing organic produce, when possible, can reduce exposure to pesticides and may be able to reduce inflammation as well. When possible, choose bright- and darkly colored fruits and vegetables. For example, choose spinach over iceberg lettuce, beets over potatoes, or berries over bananas.

A Note on Nightshade Vegetables

Nightshade vegetables include potatoes, tomatoes, and peppers, are high in solanine. They have been thought to cause inflammation; however, the research has not shown this effect. If you notice more inflammation when eating these foods, then you can eliminate them from the diet. Otherwise, nightshade vegetables don't need to be avoided.

#3 Go for Whole Grains – Choosing whole grains and avoiding refined grains and sugars is important for reducing inflammation.

Include	Limit	Avoid
Brown Rice, forbidden rice	White bread, rice, pasta, flour tortillas	Pastries, donuts, muffins
Quinoa, Buckwheat	Juice	Soda, juice, any other drink with sugar added
Oatmeal (steel cut or old fashioned)	Whole grain sweet baked goods	Products with high fructose corn syrup
100% Whole Grain Bread/ Sprouted grain bread		
100% Whole Wheat Pasta		
100% Whole Wheat or Corn Tortillas		

#4 Choose Lean Protein – Protein with high amounts of animal fat can worsen inflammation. Plant foods can have the opposite effect. Try to choose lean and plant sources of protein.

Include	Limit	Avoid
Beans and lentils	Low -or non- fat dairy	<u>Bacon</u>
Tofu and tempeh	Pork	Sausage/Pepperoni/Salami
Chicken and turkey w/out skin	Jerky	Other High-fat meats (regular hamburger, steaks, ribs)
Soy Yogurt (unsweet)	Moderate fat cheeses (part-skim mozzarella, feta cheese)	Chicken and turkey with skin (especially if deep fried)
Edamame		Hotdogs
Soymilk		Full-fat cheese and similar dairy products
Egg Whites	Egg Yolks	
Plant Protein powder		
Low or non- fat dairy		
Nuts and nut butter		