



## Anti-Inflammatory Diet

### Enjoy lots of foods that reduce inflammation:

- Fruits – eat at least three servings each day from a wide variety of richly colored berries and fruits.
- Vegetables – eat at least four servings each day from a wide variety of richly colored veggies, both cooked and raw are good for you. One serving should be greens or salad.
- Whole grains - at least half of your grains should be whole grains, try for three a day.
- Beans and soy - these plant-based proteins reduce inflammation and are a great substitute for animal proteins.
- Green tea – try for at least two cups each day, flavored but not sweetened is fine.
- Omega-3 fats – ground flax seeds, fatty fish, nuts, and seeds are all good sources.
- Herbs and spices – use liberally on foods, they are all full of antioxidants.
- Dark chocolate – at least 70% cacao, have an ounce a day if you like.
- Healthy fats – olive oil, nuts, seeds, and avocado are all healthy, use sunflower oil for baking.

### Avoid foods that increase unhealthy inflammation:

- Added sugar – listed as sugar, sucrose, and (high-fructose) corn syrup on labels.
- Trans fat – avoid entirely, listed as hydrogenated oils on labels.
- Fried foods – avoid deep-fat fried foods as much as possible.
- Rancid oils – throw out old oil, peanut butter, etc. and do not reuse frying oil.
- White starches – white bread, crackers, pretzels, instant mashed potatoes, white rice.
- Animal fats – avoid fatty meats and limit whole-fat dairy products to 1-2 times a week.
- Red meat – limit to 1-2 times per week at most, choose grass-fed beef and organic.
- Omega-6 fats – these include corn, safflower, and “vegetable” oils, used often in processed foods.
- Alcohol – anything in excess of one drink a day for men and 3 drinks a week for women.
- Processed foods – they are usually full of added fat, sodium, sugar.
- Artificial sweeteners – avoid all of them as much as possible, stevia and erythritol are good choices.
- Soda – avoid as much as possible, even diet.