

## Anti-Inflammatory Living

Chronic inflammation is the root cause of nearly all chronic diseases, including heart disease, diabetes, and cancer. Reducing inflammation not only keeps you healthy, but it also keeps your energy level high, your hair and skin looking good, your mood stable and it enhances your exercise performance.

The way that you eat directly controls inflammation. Some foods turn it off, and some foods stimulate inflammation. Food literally turns on and off the genes that control inflammatory proteins and processes in the body.

Anti-inflammatory diet is really a lifestyle that incorporates eating right, exercise, adequate and quality sleep and stress management. The diet aspect of an anti-inflammatory life can be summarized with these five ideas:

1. Put lots of color on your plate.
2. Use unprocessed ingredients.
3. Eat less animal protein and more plant protein.
4. Eat smaller meals, and snacks only when needed.
5. Enjoy tons of spice and flavor!

### Anti-Inflammatory Nutrients:

- Fiber found in legumes, berries, apples, pears, ground flaxseeds, yams, barley, oats, etc.
- Biflavonoids found in oranges, grapefruit, lemons and limes
- Quercetin found in berries, apples, pears, bell peppers, and ginger
- Flavonoids found in turmeric, ginger, dark teas, beets, legumes, berries and cherries
- Gamma tocopherol found in raw almonds
- Vitamin D found in oily fish and supplements

### Anti-Inflammatory Snacks:

- Edamame pods and cherry tomatoes
- Soy nuts with raisins and dried apricots
- Walnuts and dried cherries
- Almonds and an apple
- Pear and almond butter
- Hard boiled omega 3 egg

### Everyday Cook With:

- Cold pressed organic canola and olive oil
- Cruciferous vegetables (cabbage, cauliflower, kale, broccoli, Brussels sprouts)
- Organic tomatoes
- Allium vegetables (onions, garlic, shallots)
- Garlic, ginger, turmeric and rosemary

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## Basic Food Choices:

Food Category	Anti-Inflammatory	Neutral	Pro-Inflammatory
<p><b>Protein-Rich Foods</b></p> <p><i>Vegetable protein contributes more than protein and does not contain inflammatory compounds.</i></p> <p><i>You are what you eat <u>and</u> what the animal eats.</i></p>	<ul style="list-style-type: none"> <li>- Soybeans, soy nuts</li> <li>- Tofu, tempeh</li> <li>- Beans, peas, lentils</li> <li>- Nuts, seeds, nut butters</li> <li>- Bison, wild game</li> <li>- Omega 3 egg yolk</li> <li>- Salmon, sardines, herring, mackerel, lake trout</li> </ul>	<ul style="list-style-type: none"> <li>- Chicken, turkey</li> <li>- Egg white</li> </ul>	<ul style="list-style-type: none"> <li>- Beef, pork, lamb</li> <li>- Whole milk</li> <li>- Whole and/or sweetened yogurt</li> <li>- Cheese</li> <li>- Chargrilled meats</li> <li>- Poultry skin</li> </ul>
<p><b>Carbohydrate-Rich Foods</b></p> <p><i>These foods provide significant amounts of anti-inflammatories, antioxidants and fiber.</i></p> <p><i>Processing depletes these foods of beneficial nutrients.</i></p>	<ul style="list-style-type: none"> <li>- Fruit, especially berries, apples, pears, citrus</li> <li>- Starchy vegetables</li> <li>- Beans, peas, lentils</li> <li>- Oats, quinoa, wheat berries, millet, brown &amp; wild rice, barley, etc.</li> </ul>	<ul style="list-style-type: none"> <li>- 100% whole grain bread, pasta, crackers, cereals</li> <li>- Low-fat milk</li> <li>- Low-fat plain yogurt</li> <li>- Honey, 100% maple syrup, molasses, used sparingly</li> </ul>	<ul style="list-style-type: none"> <li>- Enriched flour products</li> <li>- Processed foods</li> <li>- Syrups, sugars</li> </ul>
<p><b>Non-Starchy Vegetables</b></p> <p><i>These are sources of protein and carbohydrate. And most importantly, sources of phytonutrients and fiber.</i></p> <p><i>Color matters. Choose vibrant, deeply colored produce. Put multiple colors on your plate.</i></p>	<ul style="list-style-type: none"> <li>- Tomatoes</li> <li>- Dark leafy greens</li> <li>- Mushrooms</li> <li>- Cruciferous veggies</li> <li>- Garlic, onion</li> <li>- Ginger</li> <li>- Herbs, spices</li> </ul>	<ul style="list-style-type: none"> <li>- All other fresh and frozen vegetables</li> </ul>	
<p><b>Fat-Rich Foods</b></p>	<ul style="list-style-type: none"> <li>- Ground flaxseeds, chia and hemp seeds</li> <li>- Walnuts, almonds</li> <li>- Salmon, sardines, herring, mackerel, lake trout</li> <li>- Oils: canola, almond, flaxseed, coconut</li> </ul>	<ul style="list-style-type: none"> <li>- Olives</li> <li>- Avocado</li> <li>- Other nuts and seeds</li> <li>- Oils: olive, sesame, peanut, avocado</li> </ul>	<ul style="list-style-type: none"> <li>- Red meat, poultry skin</li> <li>- Cheese, cream, butter</li> <li>- Hydrogenated oils (margarines, processed and fried foods)</li> <li>- Oils: soybean, sunflower, cottonseed, corn and "vegetable", palm kernel</li> </ul>
<p><b>Beverages</b></p>	<ul style="list-style-type: none"> <li>- Tea</li> </ul>	<ul style="list-style-type: none"> <li>- Clean water</li> <li>- Coffee</li> </ul>	<ul style="list-style-type: none"> <li>- Soda</li> <li>- Juice drinks</li> <li>- Energy drinks</li> <li>- Sugar sweetened drinks</li> <li>- Excess alcohol</li> </ul>