



## Anti-Inflammatory Diet

*This diet is designed to improving blood sugar regulation and decreasing inflammatory processes within your body that contribute to chronic disease and pain. The closer you follow this diet, the sooner your body will respond. Benefits include: feeling better, increased energy, more steady energy, weight loss is common, cravings disappear, emotional stability, improved sleep, and decreased physical discomfort.*

### Food Impact

#### **Foods that increase inflammation**

##### Animal Fat

- Most: grain-fed beef, pork
- Moderate: cheese, egg yolk, skinless chicken, pork, turkey
- Least: grass-fed beef, wild game

##### Trans-fatty acids (partially hydrogenated oils)

- Why do they exist: solid at room temperature
- Found in crackers, cookies, chips, etc. Read labels.

Anything that increases insulin: sugar, sweets, processed grains

Any foods allergies or food sensitivities

#### **Foods that decrease inflammation**

Cold-water fish: wild-caught salmon, tuna, sardines, herring, rainbow trout, mackerel

Bioflavonoids (see handout)

Other: turmeric, garlic, ginger, flax seed, walnut

#### **Foods that are neutral**

Egg white, other seafood, beans, nuts, seeds, other vegetables

### Diet Instructions

**PROTEIN:** small amounts of protein with every meal is key. The optimal serving size at any one sitting is size of your palm. Here are some recommendations:

- Fish: unlimited if unbreaded and non-fried
  - see Seafood Selector at [www.oceansalive.org/eat.cfm](http://www.oceansalive.org/eat.cfm) for updated best or worst choices
- Beans & Lentils: unlimited
- Eggs: unlimited egg whites and limit yolks to 7 per week
- Fowl: limit to 4 ounces, three times per week
- Nuts: see under snacks
- Dairy: none (unless is non-fat)
- Red meat: none
- Pork: none

**VEGETABLES:** eat as many as you can, aiming for 5 servings per day.

- Green/Dark Green Leafy/Red/Yellow/Orange vegetables: unlimited.
- Potatoes: limit to 1 serving per day
- Increase intake of garlic, onions, leeks, ginger, turmeric

**FRUIT:** all fresh fruit is allowed, emphasize those high in bioflavonoids

- Dried fruit: little to none
- Frozen fruit: ok for use
- Canned fruit: avoid, especially with heavy syrup pack

**GRAINS:** Limit to complex carbohydrates

- Very limited wheat or gluten (pasta, crackers, cereals, bread, etc.). Sprouted wheat bread ok
- Allowed: quinoa, brown rice, oat, corn, buckwheat, millet, amaranth, teff, sorghum

**SNACKS:** all nuts should preferentially be raw and stored in the refrigerator

- Almonds, walnuts, brazil nuts: unlimited
- Seeds: limited
- Nut or seed butters: almond, cashew, sunflower, hazelnut, etc.
- Fresh fruit
- Whole food nut & fruit bars (e.g. Lara, Nectar, etc.)

**BEVERAGES:** optimal to get ½ your body weight in ounces of water per day

- Herbal non caffeine teas (unsweetened): unlimited
- Green tea is high in bioflavonoids: unlimited
- Fruit juices: no added sweeteners; dilute 50% with water and limit to two 6 oz glasses/day

**SWEETENERS:** no sugar, corn syrup, high fructose corn syrup, honey, maple sugar

- Limited amounts of stevia, agave nectar