

ANTI-INFLAMMATORY DIET



Foods to Avoid

1. Refined sugar

not just in biscuits, cakes, sweets etc. but also in soft drinks, ready-made sauces, fruit juice and other processed foods. If you need to sweeten something, use a small amount of stevia, but better to avoid if you can.

2. Fast foods, junk foods and processed foods

3. Refined (white) carbohydrates: pasta, rice, breads -replace with brown variety

4. Gluten

Found in wheat, barley, kamut, rye and spelt and also hiding in many other foods, so please check labels.

You can eat quinoa, millet, rice, buckwheat and gluten-free oats. There are many good gluten-free alternatives for pasta, bread etc. I.e. brown rice pasta. Don't fall into the trap believing that any products labelled 'gluten-free' is healthy as there are cookies for instance that are gluten-free but are extremely high in sugar.

5. Oxidised fats: avoid sunflower and vegetable oils

6. Trans fats: margarine, 'healthy' butter alternative spreads and fried foods

7. Low fat products: the fat has been replaced with additional sugars and chemical sweeteners.

8. Dairy products: try alternatives such as almond, hazelnut, hemp, coconut or oat milks.

9. Excess caffeine and alcohol

WHAT CAN I EAT?



Anti-inflammatory Foods

-good quality protein

→ lean organic, preferably grass-fed, pasture-raised meat, wild meat and game (chicken, turkey, duck, lamb, beef, pork)

→ wild-caught fresh fish such as salmon, haddock, cod, sole, trout or canned fish such as sardines or salmon

- **complex carbohydrates:** fruits and vegetables, preferably organic - eat a 'rainbow'

- one salad a day for lunch or dinner

- half your plate should be filled with vegetables for dinner

- Cruciferous vegetables: broccoli, cauliflower, cabbage, Brussels sprouts (lightly steamed, preferably not raw if you have thyroid issues)

- dark green leafy vegetables: kale, spinach, collard greens, Swiss chard, watercress, rocket, cabbage

- Herbs & spices: turmeric, ginger, cloves, cinnamon, rosemary, oregano, sage, thyme

-healthy oils & fats

- use coconut oil for cooking. Olive/walnut/avocado oils shouldn't be heated and kept in the fridge, choose cold pressed varieties.

- Essential Fatty Acids: SMASH fish → salmon, mackerel, anchovies, sardines, herring. Fish or krill oils

Special anti-inflammatory foods:

- Fermented foods: sauerkraut, kimchi, miso, tempeh

- Green tea

- Shiitake mushrooms

- Bone broth made with organic bones

Here are some more food groups that may cause inflammatory reactions.

Don't avoid all these foods at the same time but talk to your nutritional therapist about a personalised plan.

- 1) **Histamine-rich foods:** red wine, beer, fermented cheese, shellfish, fish, tomatoes, chicken, spinach, cured sausage, chocolate, fermented vegetables (i.e. kimchi, sauerkraut) and soya sauce.
- 2) **Tyramine-rich foods:** cheese, beer, wine, bananas, yeast extract, avocados, tinned fish, raspberries, tomatoes, red plums, soy, vinegar and pickles. **Especially if you are a migraine sufferer!!**
- 3) **Solanine-containing foods:** potatoes (especially green ones!), tomatoes, aubergines.
- 4) **Lectine-rich foods** (excessive intake): beans, pulses, grains and peanuts.
- 5) **Sources of toxic metals** (i.e. tuna), **processed foods** (because of the artificial additives and the trans fats), and **unsaturated oils that aren't cold-pressed.**

Recipes

Breakfast

Porridge with almond milk, cinnamon, ginger, ground flaxseeds and blueberries

Coconut chia pudding with fresh cherries

Gluten-free toast with avocado and eggs

Lunch & Dinner

Roasted pumpkin soup with ginger, garlic, turmeric. Top with sautéed mushrooms, spinach and toasted pine nuts

Roast turkey or chicken gluten-free wraps with avocado, grated carrot, red cabbage and spinach/rocket/watercress

Tempeh or salmon stir-fry with shiitake mushrooms, cabbage, peas, beansprouts, lime juice, garlic, ginger and chilli

Frittata with red onion, peppers, mushrooms and broccoli

Brown rice spaghetti, homemade tomato sauce, tinned salmon

Bean burgers in Portobello mushroom 'buns'

Tinned sardine and tomato pitta toasts with lemon and black pepper

Roasted peppers stuffed with quinoa and turkey mince

Cauliflower pizza with sliced tomatoes, courgette, rocket and anchovies

Snacks

Houmous with carrot/cauliflower/broccoli/sugar snap pea dippers

Apple slices or oat cakes with nut or seed butter (not peanut!)

Chickpeas/white beans roasted in coconut oil, cumin, salt and chilli

Steamed edamame beans with chilli flakes

Home-made granola bars

Trail mix

Green smoothie: spinach, blueberries, kiwi, ginger, avocado, lime juice, green tea

Additional resources

www.hemsleyandhemsley.com

www.thehealthychef.com

www.ohsheglows.com

<http://www.honestlyhealthyfood.com/>

www.healthysmoothiehq.com

www.thechalkboardmag.com

www.mindbodygreen.com

Sources: www.mercola.com, www.whfoods.com, www.mindbodygreen.com

'The Immune System Recovery Plan' – Susan Blum MD