

Anti-inflammatory Food Guide

Top Anti-inflammatory Foods

HERBS & SPICES

Basil
Cayenne Pepper
Chilli
Cinnamon
Cloves
Curry
Garlic
Ginger
Licorice
Mint
Onion Powder
Peppers
Rosemary
Turmeric
Thyme

SEAFOOD

Anchovies
Atlantic Herring
Atlantic salmon
Fish Roe
Halibut
Kelp
Mackerel
Oysters
Rainbow Trout
Sardines
Tuna

NUTS & SEEDS

Almonds
Brazil nuts
Cashews
Chia seeds
Flaxseeds
Hazelnuts
Macadamia
Pecans
Walnuts

VEGETABLES

Cabbage
Cauliflower
Carrots
Chives
Collards
Bok Choy
Brussels sprouts
Fennel bulb
Garlic
Green beans
Grape leaves
Kale
Onions
Parsley
Peppers
Pumpkin
Spinach
Sweet potatoes
Turnip greens

FRUITS

Acerola, raw
Avocados, raw
Blueberries
Bilberries
Currants, black
Guavas
Lemon peel
Melons
Olives
Pineapple
Papayas
Raspberries

POULTY & DAIRY

Chicken
Cottage cheese
Goose
Egg, white
Turkey
Yoghurt, plain

GRAINS & LEGUMES

Adzuki beans
Amaranth
Basmati rice
Barley
Buckwheat
Brown rice
Kidney beans
Lentils
Millet
Miso soup
Mung beans
Oatmeal
Quinoa
Split peas
Tempeh
Tofu

FATS & OILS

Canola Oil
Fish oil
Flaxseed oil
Hazelnut Oil
Olive Oil
Sunflower Oil
Safflower Oil

BEVERAGES

Coffee (small amounts)
Green Tea
Hot chocolate (organic dark chocolate)
Miso soup
Red wine (small amounts)
Water
White Tea

FOODS TO CONSUME IN A BALANCED DIET

This is a list of the top anti-inflammatory foods which can be consumed in plentiful amounts. Use this food list in conjunction with the food groups and suggested servings from the Anti-inflammatory Pyramid.

FOODS TO AVOID OR MINIMIZE

These foods are predominantly processed foods, high in pro-inflammatory sugars, grains and oxidised or harmful fats.

Top Pro-inflammatory Foods

Biscuits & Cookies
Cake
Cereals
(except old fashioned oatmeal)
Cornstarch
Corn bread, corn muffins
Crackers
Croissants
Doughnuts
Egg rolls
Fast food
French Fries
Fruit juice
(choose the fruit instead)
Fried foods
Flour
Granola
Hard cheeses (most varieties)
Honey
Hot dogs
Hot chips
Ice cream, frozen yogurt
Jams, jellies and preserves
Margarine
Molasses

Muffins
Noodles
Pancakes
Pastry
Pies
Pita bread
Pizza
Pasta
Popcorn
Potatoes
Pudding
Relish
Sherbet
Shortening
Potato chips
Corn chips
Soda
Sugar
Tacos
Tortillas
Waffles
Wheat breads & baked goods
White rice

The Anti-inflammatory food lists and the Anti-inflammatory Pyramid, together form a guide for a healthy diet plan, with an emphasis on foods which are high in essential fatty acids (healthy fats and oils) and nutrients which can be used to off-set inflammation. This guide can also be adapted to a vegetarian diet by adjusting the protein sources to vegetarian options such as tofu and tempeh.

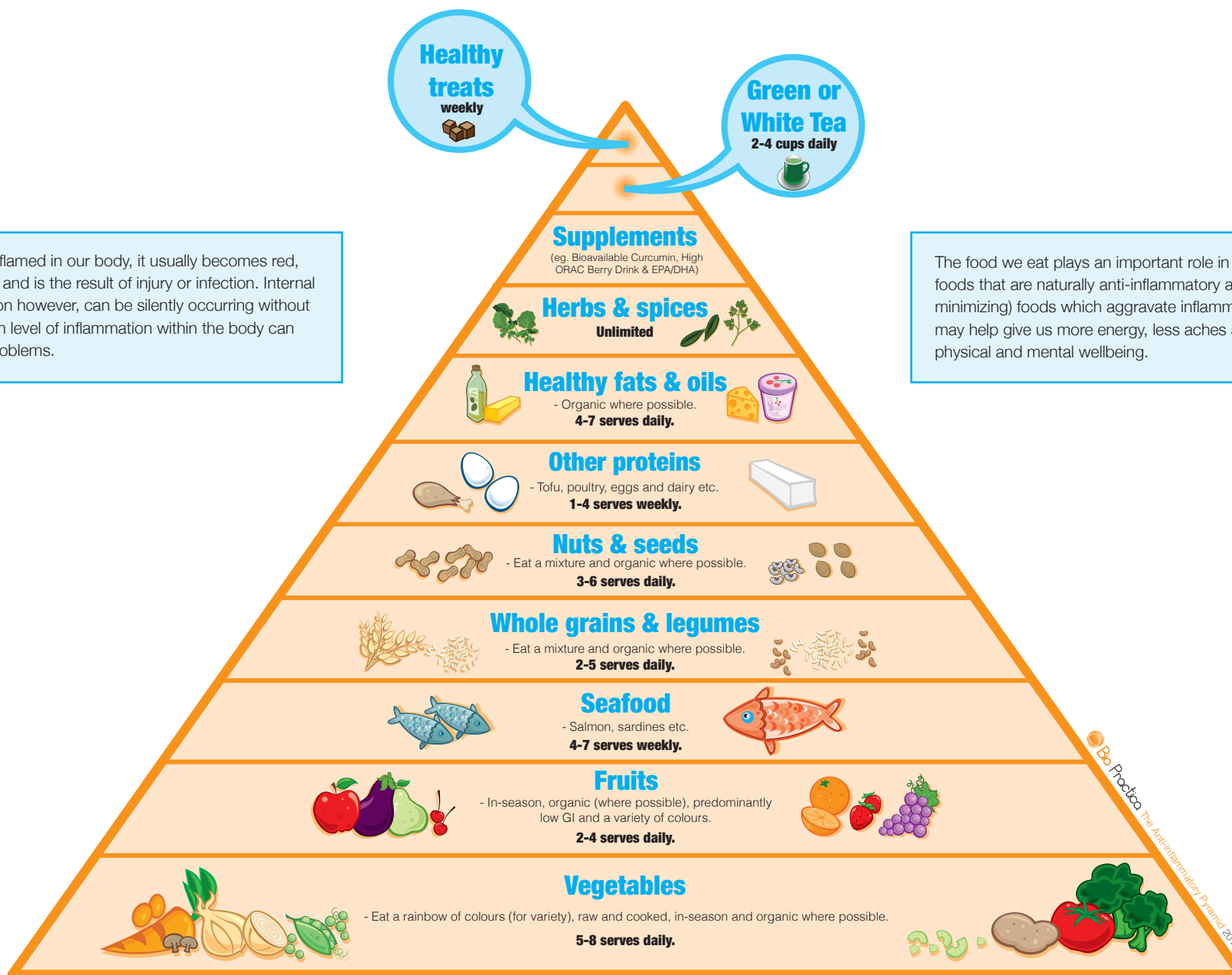
The Anti-inflammatory Pyramid

Healthy treats weekly


Green or White Tea
 2-4 cups daily


When something is inflamed in our body, it usually becomes red, swollen, hot and sore and is the result of injury or infection. Internal low-grade inflammation however, can be silently occurring without our knowledge. A high level of inflammation within the body can cause many health problems.

The food we eat plays an important role in our vitality. Including foods that are naturally anti-inflammatory and avoiding (or minimizing) foods which aggravate inflammation in our body, may help give us more energy, less aches and pains and support physical and mental wellbeing.



Bio-Practica The Anti-inflammatory Pyramid 2012