



Anti-inflammatory Food Guide

Top Anti-inflammatory Foods

<p>HERBS & SPICES</p> <ul style="list-style-type: none"> Basil Cayenne Pepper Chilli Cinnamon Cloves Curry Garlic Ginger Licorice Mint Onion Powder Peppers Rosemary Turmeric Thyme <p>SEAFOOD</p> <ul style="list-style-type: none"> Anchovies Atlantic Herring Atlantic salmon Fish Roe Halibut Kelp Mackerel Oysters Rainbow Trout Sardines Tuna 	<p>NUTS & SEEDS</p> <ul style="list-style-type: none"> Almonds Brazil nuts Cashews Chia seeds Flaxseeds Hazelnuts Macadamia Pecans Walnuts <p>VEGETABLES</p> <ul style="list-style-type: none"> 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 	<p>FRUITS</p> <ul style="list-style-type: none"> Acerola, raw Avocados, raw Blueberries Bilberries Currants, black Guavas Lemon peel Melons Olives Pineapple Papayas Raspberries <p>POULTY & DAIRY</p> <ul style="list-style-type: none"> Chicken Cottage cheese Goose Egg, white Turkey Yoghurt, plain <p>FATS & OILS</p> <ul style="list-style-type: none"> Canola Oil Fish oil Flaxseed oil Hazelnut Oil Olive Oil Sunflower Oil Safflower Oil 	<p>GRAINS & LEGUMES</p> <ul style="list-style-type: none"> Adzuki beans Amaranth Basmati rice Barley Buckwheat Brown rice Kidney beans Lentils Millet Miso soup Mung beans Oatmeal Quinoa Split peas Tempeh Tofu <p>BEVERAGES</p> <ul style="list-style-type: none"> Coffee (small amounts) Green Tea Hot chocolate (organic dark chocolate) Miso soup Red wine (small amounts) Water White Tea
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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 Food Pyramid.

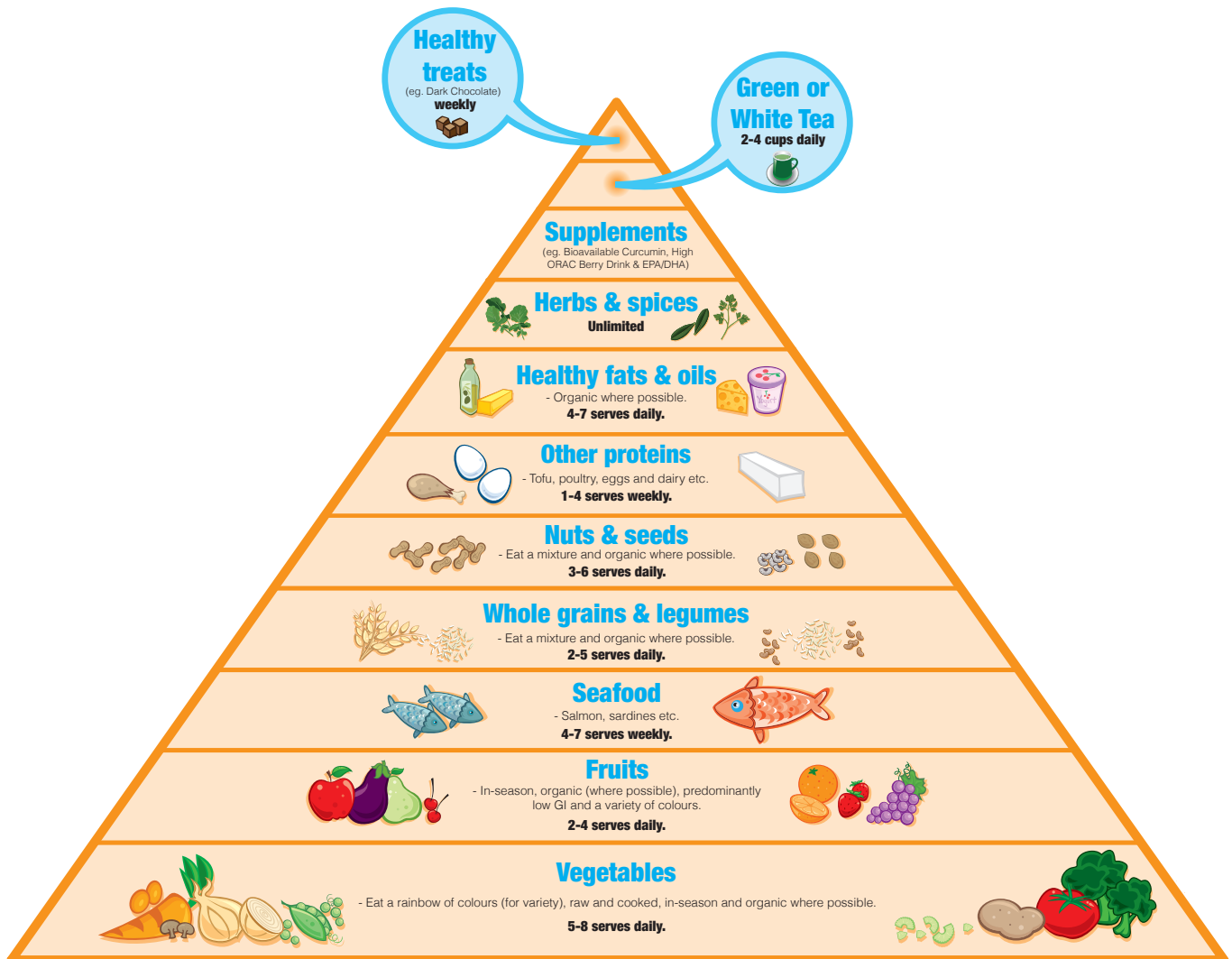
Top Pro-inflammatory Foods

<ul style="list-style-type: none"> 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) 	<p>Fried foods</p> <ul style="list-style-type: none"> Flour Granola Hard cheeses (most varieties) Honey Hot dogs Hot chips Ice cream, frozen yogurt Jams, jellies and preserves Margarine Molasses Muffins Noodles 	<ul style="list-style-type: none"> Pancakes Pastry Pies Pita bread Pizza Pasta Popcorn Potatoes Pudding Relish Sherbet Shortening Potato chips Corn chips 	<ul style="list-style-type: none"> Soda Sugar Tacos Tortillas Waffles Wheat breads & baked goods White rice
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FOODS TO AVOID OR MINIMISE

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

The Anti-inflammatory Food Pyramid



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 minimising) foods which aggravate inflammation in our body, may help give us more energy, less aches and pains and support physical and mental wellbeing.