

# Anti-Inflammatory Food Guide

One of the top ways to deal with inflammation is through the food we eat. Research indicates that you can lower and prevent inflammation by picking the right foods and drinks and avoiding the wrong ones. Following an anti-inflammatory diet can help you in this fight as it includes foods with things like plant chemicals that work as antioxidants that can reduce the impact of inflammation.

## TOP ANTI-INFLAMMATORY FOODS THAT YOU MIGHT WANT TO MAXIMIZE IN YOUR DIET

EATING MORE OF THESE ANTI-INFLAMMATORY FOODS AND ADDING THEM TO YOUR MEALS CAN MAKE YOUR DIET HEALTHIER AND REDUCE INFLAMMATION.

### AVOCADOS

Avocados, including avocado oils, help reduce inflammation because they are rich in mono-unsaturated fats & antioxidants, such as vitamin E & carotenoids, which have anti-inflammatory properties.



### BERRIES

Berries such as strawberries, blueberries & raspberries contain high levels of antioxidants called flavonoids which combat inflammation & oxidative stress.



### BEANS & LEGUMES

These foods are packed with fiber, vitamins, minerals & phytonutrients like flavonoids & polyphenols that help reduce inflammation in the body.



### BOK CHOY

This vegetable is cruciferous and contains anti-oxidants like vitamins A & C which neutralize harmful free radicals & inhibit the production of pro-inflammatory molecules.



### BROCCOLI

Broccoli is rich in anti-inflammatory compounds such as sulforaphane & antioxidants like vitamin C, which can help reduce inflammation by neutralizing harmful free radicals & reduce the production of pro-inflammatory molecules.



### BRUSSELS SPROUTS

Brussels sprouts are rich in glucosinolates & anti-oxidants, which help reduce inflammation. And their high fiber content supports a healthy gut microbiome, further contributing to anti-inflammatory properties.



### CINNAMON

Cinnamon has compounds like cinnamaldehyde which inhibit pro-inflammatory cytokines & reduce inflammation. Its antioxidant properties also combat free radicals enhancing its anti-inflammatory effects.



### FATTY FISH

Fatty fish, such as salmon, sardines, herring, mackerel, & anchovies are rich in omega-3 fatty acids. These essential fatty acids, particularly EPA & DHA, have been shown to reduce inflammation in the body.



### CAULIFLOWER

Cauliflower contains high levels of antioxidants particularly vitamin C & phytonutrients like sulforaphane. These help reduce inflammation by neutralizing harmful free radicals & inhibiting pro-inflammatory molecules.



### CHERRIES

Cherries contain compounds such as anthocyanins & quercetin, that are shown to reduce inflammation by inhibiting inflammatory enzymes & signalling pathways. It is also rich in antioxidants which help combat oxidative stress.



### TOMATOES

The lycopene, flavonoids, vitamin C & beta-carotene found in tomatoes have been shown to reduce inflammation. Additionally, their high water content aids in maintaining proper hydration, which is essential for reducing inflammation.



### CABBAGE

This veg has compounds such as anthocyanins & glucosinolates that help reduce inflammation, making it a good dietary choice to lower the risk of chronic diseases. Its high fiber content also supports digestive health.



### DARK CHOCOLATE

Dark chocolate, when consumed in moderation, contain high levels of cocoa solids, which are rich in antioxidants, such as flavonoids & polyphenols that neutralize harmful free radicals.



### FENUGREEK

Fenugreek seeds have compounds like flavonoids & polyphenols, which help reduce inflammation. These compounds inhibit the production of pro-inflammatory molecules, thereby alleviating symptoms of inflammation.



### SWEET POTATOES

Contains anti-inflammatory antioxidants such as beta-carotene & anthocyanins, & phytonutrients such as quercetin & coumarins. The fiber contributes to improved gut health, leading to indirect inflammation reduction.



### GINGER

It contains gingerol & zingerone that can alleviate symptoms of inflammation. Its anti-inflammatory properties also extend to digestive health, as ginger can soothe gastrointestinal discomfort & reduce inflammation in the gut.



### KALE

It contains high levels of antioxidants, such as vitamin C & beta-carotene, which help reduce inflammation in the body. It is also rich in phytonutrients like quercetin & kaempferol, known for anti-inflammatory properties.



### GRAPES

It contain antioxidants, like resveratrol & flavonoids, which help reduce inflammation. Grapes are also rich in vitamin C & other nutrients that support the immune system, further contributing to their anti-inflammatory properties.



### SEEDS

Seeds such as flaxseed & hemp seeds are rich in omega-3 fatty acids & are anti-inflammatory. These fatty acids, particularly alpha-linolenic acid, have been shown to reduce inflammation in the body.



### OATS

The avenanthramides in it have been shown to reduce inflammation. It is also rich in fiber, particularly beta-glucans, that can help modulate the immune response & decrease inflammation.



### MUSHROOMS

It contain bioactive compounds like betaglucans & antioxidants. These substances help reduce inflammation in the body by modulating the immune system & neutralizing harmful free radicals.



### WHOLE GRAIN

It contains a rich array of phytonutrients & antioxidants that help reduce inflammation. It also has a lower glycemic index compared to refined grains, which helps stabilize blood sugar levels & reduce inflammation with insulin spikes.



### WALNUTS

Walnuts contain high levels of omega-3 fatty acids, specifically alpha-linolenic acid (ALA). Additionally, walnuts are rich in antioxidants, such as polyphenols & vitamin E, which help combat oxidative stress & inflammation.



### PEPPERS & CHILLI

They contain compounds such as capsaicin & are anti-inflammatory. It's also rich in antioxidants like vitamin C, which can help combat oxidative stress & inflammation, & potassium, supporting overall health.



### RED WINE

It contains anti-inflammatory compounds known as polyphenols & resveratrol. Its antioxidants also reduce inflammation. However, it's essential to consume red wine in moderation.



### TURMERIC

Turmeric contains a compound called curcumin, which has been extensively studied for its potent anti-inflammatory properties. Furthermore, turmeric's antioxidant properties help combat oxidative stress.



### GREEN TEA

It contains polyphenols, specifically catechins, which have potent antioxidant properties that help reduce inflammation. These combat oxidative stress & inhibit the production of inflammatory molecules.



### ONIONS

It contain compounds like quercetin, which help reduce inflammation. They also have sulfur compounds that can promote detoxification & support the immune system, further contributing to their anti-inflammatory properties.



### SPINACH

Spinach contains a variety of antioxidants & phytonutrients, such as vitamin C & beta-carotene. It is also rich in flavonoids like quercetin, which have been shown to possess anti-inflammatory properties.



### POMEGRANATES

Contains high levels of antioxidants, such as polyphenols & anthocyanins. The presence of vitamins C & E also supports in reducing inflammation by scavenging free radicals that can trigger inflammatory responses.



### OLIVES & OLIVE OIL

Olives & its oil is rich in monounsaturated fats & antioxidants making it a key component of the Mediterranean diet known for its anti-inflammatory benefits.



### PISTACHIO NUTS

It is rich in antioxidants like vitamin E & monounsaturated fats with anti-inflammatory properties. Their high fiber content promotes a healthy gut, & they contain eye-healthy phytochemicals.



# TOP INFLAMMATORY FOODS THAT YOU MIGHT WANT TO MINIMIZE IN YOUR DIET

TRY TO REDUCE THE INTAKE OF THESE INFLAMMATORY FOODS AND REPLACE THEM WITH HEALTHIER OPTIONS.

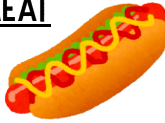
## CERTAIN OILS

Processed seed & vegetable oils like corn & soybean oil can contain high levels of omega-6 fatty acids which may promote inflammation when consumed in excess.



## PROCESSED MEAT

Hot dogs, bologna, sausages, & other processed meats often contain high levels of saturated fats & additives that can trigger an inflammatory response in the body when consumed regularly.



## DESSERTS

Cookies, candies, cakes, & ice creams are high in added sugars & can promote the release of pro-inflammatory cytokines & increase oxidative stress in the body when consumed in excess.



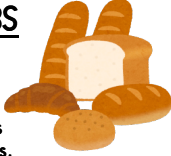
## ALCOHOL

Drinking excessive alcohol can disrupt the balance of pro-inflammatory & anti-inflammatory molecules, leading to an increased production of inflammatory cytokines & oxidative stress.



## REFINED CARBS

Refined carbs tend to have a high glycemic index, causing rapid spikes in blood sugar levels, which in turn trigger the release of pro-inflammatory substances.



## SUGARY DRINKS

Sugar raises blood sugar levels, promotes accumulation of fat in the liver, disrupt gut microbiota, induce oxidative stress, & contribute to obesity, all of which are linked to chronic inflammation.



## PROCESSED SNACKS

Items like crackers, chips, pretzels, & fast food may often contain high levels of trans fats, refined carbs, & excessive amounts of sodium, all of which can contribute to an inflammatory response in the body.



## FRIED FOODS

Foods that are deep-fried in unhealthy oils contribute to inflammation because the high heat & chemical changes during frying can lead to the formation of harmful compounds, such as trans fats & advanced glycation end products.



## WHAT IS INFLAMMATION?

Inflammation is the body's natural response to things like sports injuries, conditions like arthritis, or infections. It's a process where the body tries to heal and protect itself from harm. However, when inflammation sticks around for a long time and doesn't go away, it can become harmful. This long-lasting inflammation is called chronic inflammation.

Chronic inflammation can go on for weeks, months, or even years, and it can cause various health problems. It's been linked to serious illnesses like cancer, heart disease, diabetes, arthritis, depression, and Alzheimer's disease. Sometimes, chronic inflammation can also happen in people who are overweight or under a lot of stress. So, while inflammation is a natural and helpful process in the short term, it can be a problem when it becomes chronic.

## WHAT IS ANTI-INFLAMMATORY DIET?

The anti-inflammatory diet is a healthy way of eating that can benefit people with or without chronic inflammation issues.

It's not a strict diet plan with specific rules about what to eat and how much. Instead, it focuses on including foods known to combat inflammation in your meals while avoiding foods that can make inflammation worse.

The goal of an anti-inflammatory diet is to reduce or limit the low-grade inflammation in our bodies.

There are a few popular diets that fit into the anti-inflammatory category, including the Mediterranean Diet, the DASH Diet, and the MIND Diet. These diets emphasize foods that are good at fighting inflammation and can help promote overall health.

## HERE ARE SOME TIPS FOR INCORPORATING ANTI-INFLAMMATORY FOODS INTO YOUR DIET

### GET GOOD SLEEP

Making sure you get 7-9 hours of quality sleep each night is super important for keeping inflammation under control. When you sleep well, your body does important things that help reduce inflammation and keep you healthy.

Not getting enough sleep can lead to more inflammation and make you more likely to have health problems. So, try to create a bedtime routine and a comfy sleep environment to help you sleep better and feel less inflamed.

### QUIT SMOKING

Quitting smoking is a big step toward reducing inflammation and getting healthier.

Smoking can damage your lungs and cause inflammation in your whole body which can lead to heart problems breathing issues and even cancer. Quitting smoking isn't easy but it's one of the best things you can do to lower inflammation and improve your health.

Reach out to people who can help like doctors or support groups to give up smoking.

### EAT COLORFUL FOODS

Adding lots of colorful fruits and veggies to your meals everyday is a tasty way to fight inflammation. These foods are packed with things like vitamins and antioxidants that can help stop inflammation. Berries, greens, tomatoes and peppers are great choices. By eating a rainbow of foods you can protect your body from inflammation and enjoy a delicious and healthy diet.

### CHOOSE A STRUCTURED DIET

If you like a clear plan for eating to fight inflammation, consider following a diet like the DASH diet. These diets give you specific rules on what to eat to lower inflammation.

The DASH diet, for example, focuses on whole grains, fruits, veggies, lean meats, and low-fat dairy while keeping salt low. Following such diets can help you make smart choices that reduce inflammation and improve your health.

### EXERCISE REGULARLY

Moving your body on a regular basis is a great way to fight inflammation and lower the chances of getting sick. When you exercise, it helps reduce markers of inflammation in your body like C-reactive protein. Plus, it boosts the good stuff that fights inflammation. Try to mix things up with activities like walking running or lifting weights to get the most benefits.

Being active not only helps with inflammation but also makes you feel better overall.

### MAKE SMALL DIET CHANGES

You don't have to change your entire diet all at once to reduce inflammation. Start by making little changes in what you eat.

For example, switch to whole grains instead of processed ones or add some turmeric to your meals. As you get used to these small changes you can keep adding more anti-inflammatory foods to your diet. This way you'll make a lasting and healthy switch in what you eat without feeling overwhelmed.