

ANTI-INFLAMMATORY DIET

WHAT IS AN ANTI-INFLAMMATORY DIET?

The purpose of an Anti-Inflammatory Diet is to:

- 1 Promote foods that may help reduce inflammation
- 2 Minimise foods that may encourage an inflammatory environment
- 3 Support optimal digestive function for effective and efficient nutrient digestion and absorption

Inflammation is an important part of the body's natural immune response and can be beneficial to protect tissues, increase blood flow and support wound healing. When inflammation persists longer than necessary, it may hinder the healing process.

The anti-inflammatory diet is less about food restriction, but rather, it details the foods that you can eat more of. The aim is to increase antioxidant levels and dietary fibre, while minimising or eliminating refined and processed foods and promoting a lower omega-6 to omega-3 polyunsaturated fatty acid (PUFA) ratio (2:1).¹

How do I know this diet is right for me?

While the focus of an anti-inflammatory diet is to promote the inclusion of anti-inflammatory foods, it may also limit some foods such as red meat, dairy foods and wheat, so care must be taken to help support your transition and make sure all your dietary requirements are being fulfilled.

Like any major change to your diet, it is important to consult your healthcare practitioner to ensure an anti-inflammatory diet is appropriate for you.

Dietary changes may play an integral role in improving a person's outcomes and these adjustments often work well alongside medical interventions, supplementation and lifestyle modifications.

What to expect

No two individuals will experience symptoms and inflammatory conditions in the same way. Inflammation can range from mild to severe and acute to chronic, and people can experience any range of symptoms including, but not limited to pain, impaired function, poor sleep, stiffness, headaches, poor focus or loss of energy.

Many anti-inflammatory diets are influenced by aspects of the Mediterranean diet which is predominantly rich in fresh fruit and vegetables, whole grains and legumes, and healthy sources of fats such as fish, olive oil, avocado, nuts and seeds. Well established research demonstrates that people who eat a Mediterranean-style diet have consistently lower levels of inflammation compared to others with less healthy diets.

To experience the most benefit from an anti-inflammatory diet, your practitioner may suggest these dietary changes as a long-term intervention or lifestyle change.



FOOD GROUP	AVOID	ENJOY
 Refined flour and grains	Refined flours and grains including white rice Reduce gluten intake or eliminate if required.	Oats, rye, spelt Gluten free pseudo grains such as buckwheat or quinoa, as well as brown rice.
 Sugar	Table sugar, lollies/sweets, soft drinks or anything containing high-fructose corn syrup and sauces that contain sugar, chocolate, honey or maple syrup. It is important to keep your glycaemic load low.	Occasional small serves (1-2 pieces twice per week) of organic, raw, dairy free dark chocolate
 Fats and oils	Trans and saturated fatty acids from fried foods or deli meats, refined vegetable oils or products that contain vegetable oils such as mayonnaise and margarine	Increase consumption of long chain omega-3 polyunsaturated fatty acids (PUFAs) with chia seeds, flax seeds and fatty fish and monounsaturated fatty acids (MUFAs) with avocado and olive oil
 Dairy	Cow, goat or sheep milks and yoghurts	Eggs, coconut yoghurt, nut milks (unsweetened)
 Meat	Reduce red meat intake, choose lean cuts of meat and trim off visible fat including chicken skin; avoid charred or BBQ meat.	2 serves fatty fish per week (wild caught salmon and trout, sardines and mackerel). Mostly plant-based proteins including legumes, nuts and seeds.
 Fruit and vegetables	Solanaceae vegetables that contain glycoalkaloids which reportedly affect intestinal permeability. Tomatoes, eggplants, white potatoes, capsicum, chilli	Antioxidant-rich vegetables and fruits high in phytochemicals and flavonoids such as berries, dark green leafy vegetables, cabbage, garlic, onion, carrot, pumpkin, zucchini, broccoli, and sweet potato. Aim to include 5 or more cups per day.
 Fruits	Dried fruits	Enzymatic proteins papain, bromelain, mango, berries
 Herbs and spices	Chilli/cayenne, paprika	Anti-inflammatory spices: ginger, turmeric
 Beverages	Coffee and alcohol	Green tea, herbal tea such as ginger or peppermint, turmeric lattes

SAMPLE ANTI-INFLAMMATORY DIET

**Breakfast:**

Two-egg omelette with cashew cheese, shredded basil, baby spinach and mushrooms

Snack:

A small palm full of mixed raw almonds, walnuts, pepitas and sunflower seeds and a piece of fresh fruit such as an apple or pear

Lunch:

2 homemade chickpea and broad bean vegetarian patties served with ½ cup of cooked brown rice, rocket leaves, red onion, shredded purple cabbage and sliced avocado drizzled with unhulled tahini and olive oil dressing

Snack:

½ cup of coconut yoghurt served with sliced banana and sprinkle of cinnamon and a turmeric latte

Dinner:

1 piece of salmon baked with a sprinkle of fresh dill, lemon juice and olive oil and served with ½ cup of sweet potato mash (infused with fresh garlic) and a side of steamed broccoli and green beans

Drinks:

2L filtered water sipped over the course of the day and flavoured with lemon or lime slices, mint or cucumber slices