

ANTI-INFLAMMATORY DIET

Inflammation is involved in many chronic health conditions. In some, the presence of inflammation is physically obvious such as redness, swelling or pain. In other health complaints the signs and symptoms of inflammation are silent. This can be seen in a variety of chronic conditions from cardiovascular disease and hormone imbalances to allergies and endometriosis. Even generalised fatigue, irrational behaviour and poor cognition can be associated with inflammation.

An anti-inflammatory diet can help reduce the symptoms of inflammation and enhance your overall health and wellbeing.

ACUTE VERSUS CHRONIC INFLAMMATION

	ACUTE	CHRONIC
CAUSES	Tissue injury Harmful pathogens	Foreign bodies that remain in the system Pathogens that the body struggles to break down Overactive immune system
ONSET	Rapid	Slow
DURATION	A few days	Months to years
OUTCOMES	Inflammation improves Turns into an ulcer or abscess	Thickening or scarring of connective tissue Tissue death

FOODS THAT CONTRIBUTE TO INFLAMMATION

There are many foods that can cause inflammation with some aggravating your symptoms more than others. Some of the key inflammatory foods include those that are:

- Processed with additives (flavours, colours, stabilisers, preservatives);
- High refined carbohydrates (white bread, pasta, pastries, baked goods);
- High in refined sugar;
- Sweetened with artificial sweeteners;
- High in oxidised fats (deep-fried foods, charred or BBQ meats, margarine, processed baked goods);
- High sugar-sweetened beverages;
- Alcohol;
- Dairy;
- Gluten-containing foods.



What is Inflammation?

Inflammation is your body's natural defence mechanism and is an integral part of your immune response. When your immune system recognises pathogens, harmful irritants, or damaged cells it attempts to self-protect by removing it from the body. It does this by stimulating different cells and proteins before beginning the healing process.

Without inflammation, wounds and damaged tissue would not heal and we would not be able to overcome infections. However, if the inflammation persists longer than necessary, it can become harmful.

Symptoms of acute inflammation can include pain, swelling, heat, redness, or immobility.

Symptoms of chronic inflammation can include fatigue, frequent headaches, bloating, weight gain, mouth sores, rash, fever or pain in the chest, joints, or abdomen.



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FOODS TO EAT IN ABUNDANCE AND FOODS TO AVOID

There is an abundance of anti-inflammatory foods that can help manage your symptoms and reduce the risk of harmful inflammation occurring, and with it, chronic disease. These foods are rich in vitamins, minerals, phytochemicals, beneficial fats, amino acids, and fibre and should make up a large part of your diet.

In addition to lowering your inflammation, an anti-inflammatory diet consisting of less processed foods will have a noticeable effect on both your physical and emotional health. Depending on your individual circumstances and symptoms, you may need to avoid some of the “eat in abundance” foods as advised by your health practitioner.

EAT IN ABUNDANCE				EAT IN MODERATION	AVOID
VEGETABLES	FRUIT	LEGUMES & GRAINS	NUTS & SEEDS	MEAT/FISH/EGG	
Should make up the bulk of the diet 5-7 serves/day	Consume 2-3 serves/day		Add to dishes & use as snacks	Should make up 1/4 - 1/3 of plate at each meal	
Asparagus Beetroot Bok choy Broccoli Brussel sprouts Cabbage Capsicum Carrots Cauliflower Celery Cucumber Eggplant Kale Leek Lettuce Mushrooms Onion Pumpkin Spinach Sweet potato Swiss chard Zucchini	Apples Avocado Bananas Blackberries Blueberries Citrus fruits Honeydew melon Kiwifruit Pineapple Pomegranate Raspberries Rockmelon Stone fruits Strawberries Tart cherries Tomato Watermelon	Amaranth Black beans Buckwheat Chickpeas Kidney beans Lentils Millet Miso Oats Quinoa Soybeans OTHER Dark Chocolate (70+%) Green tea	Almonds Brazil nuts Chia seeds Flaxseeds Macadamia Pecans Pepitas Pistachios Sesame seeds Sunflower seeds Walnuts HERBS & SPICES Cinnamon Garlic Ginger Rosemary Turmeric	Chicken breast Eggs Grass-fed beef Lamb Natural yoghurt Oysters Pork Salmon Sardines Turkey HEALTHY OILS Avocado oil Coconut oil Hemp seed oil Macadamia oil Virgin olive oil	Charred or BBQ meat Chicken skin Coffee Deli meats Dried fruit Fatty meat cuts Fried foods Lollies/sweets Milk - cow, goat, or sheep Milk or white chocolate Refined flours & grains Refined vegetable oils Soft drinks Sugar White rice

SERVING SIZE:

1 serve of vegetables/fruit = 1/2 cup of most or 1 cup of leafy vegetables

PREFERRED DRINKS:

Water or herbal tea

Coffee in moderation – no more than 2 cups per day. Avoid sugar and artificial sweeteners

Alcohol in moderation or avoid – no more than 10 standard drinks per week and no more than 4 standard drinks in one day



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TIPS FOR INCREASING VEGETABLES IN THE DIET

REPLACE	WITH
Pasta	Legumes or pulse pasta, vegetable noodles made with a spiraliser using zucchini, carrot, sweet potato
Pasta sauce	Pureed vegetables ,vegetable bolognese, homemade pesto, tomato passata
White rice	Cauliflower rice, broccoli rice, quinoa, buckwheat
Tacos/burritos	Lettuce leaves, homemade coconut flour wraps
Bread	Vegetables, homemade seed bread, cauliflower wraps
Traditional pizza	Cauliflower base, almond meal or buckwheat flour or chickpea flour base, mountain bread wraps, mini eggplant bases
Noodles	Spiralised vegetables, kelp noodles, sweet potato noodles
Quiches	Almond meal pastry, no pastry with added vegetables, sweet potato slices
White wraps	Rye mountain bread wraps, homemade egg wraps, cauliflower wraps

SAMPLE ANTI-INFLAMMATORY DIET

BREAKFAST

Two-egg omelette with spinach, tomato, mushrooms, zucchini, and fresh basil

SNACK

Homemade protein ball or small handful of mixed nuts and seeds

LUNCH

Salad with a palm size serve of chicken, with ½ cup cooked quinoa, lettuce, red onion, purple cabbage, ¼ avocado, drizzled with tahini, lemon, and olive oil dressing

SNACK

½ cup coconut yoghurt with a handful of berries and an herbal tea or turmeric latte

DINNER

1 piece of baked salmon fillet with lemon, olive oil and fresh parsley served with brown lentils, steamed broccoli, spinach, and green beans

DRINKS

2L water with fresh lemon sipped over the day
Herbal tea

BENEFITS OF FOLLOWING AN ANTI-INFLAMMATORY DIET:

- Consistent vibrant energy
- Healthy, regular bowel movements and digestion
- Sound, restful sleep
- Healthy, balanced weight and body composition
- Smooth, flowing skin
- Balanced hormones
- Positive mood with greater capacity to manage stress

