

Anti-inflammatory Dietary Guidelines

In a nutshell – What is involved?

This eating plan is mainly plant-based with lots of colourful fruits and vegetables, lean protein (mainly fish and white meats), whole grains, legumes, nuts and seeds, filtered water and herbal teas. It limits the inclusion of refined sugar, processed foods, caffeine, alcohol and dairy.

Key areas to focus on

- Make vegetables the main part of your meal rather than starchy carbohydrates.
- Eat a rainbow – aim to have at least 2 – 3 different colours (more if you can manage it!) on your plate at each meal (*'white'* isn't a colour)
 - o *ie. if you are having muesli for breakfast, add some strawberries and blueberries; when making a salad add things like capsicum, raw beetroot, grated carrot and corn to your salad leaves.*
- Always go for 'full-fat', 'brown' or 'whole' versions
 - o *ie. Full fat yoghurt, brown rice, wholegrain bread or pasta.*
- Keep meat intake to a palm-size per meal.
 - o *It should be the size and thickness of your palm – no fingers!*
- Choose filtered water as your predominant drink. Green tea and herbal teas such as ginger, peppermint and chamomile are encouraged.
- Add fresh herbs to your meals especially ginger, turmeric, parsley and garlic

Include	Limit/Avoid	Other notes/comments
Proteins <ul style="list-style-type: none"> • Poultry: Eggs, chicken, turkey • Seafood: Salmon, cod, mackerel, sardines, snapper, barramundi, other white fish, mussels, oysters • Vegetarian: Lentils, beans, chickpeas, tofu, tempeh, other unprocessed soy, quinoa 	<ul style="list-style-type: none"> • Red meat (max 1-2x wk) Choose lean, grass fed and preferably organic cuts • Duck and pork • Tuna (max 3x wk), prawns, crab, lobster, squid/calamari 	<ul style="list-style-type: none"> • Avoid battered and/or deep fried proteins • Baked, poached, slow-cooked, steamed or grilled are the best cooking methods
Complex Carbohydrates <ul style="list-style-type: none"> • Brown rice, basmati rice, vermicelli noodles • Wholegrain wheat, spelt, rye or sourdough bread • Wholegrain, spelt, buckwheat pasta, zoodles or vegetable based pasta, spaghetti squash • Others – oats, millet, quinoa, buckwheat, amaranth, barley, wholegrain cous cous • Crackers – brown rice cakes, corn thins, ryevita, spelt 	<ul style="list-style-type: none"> • Jasmine rice • White bread, fruits breads • Regular white pasta • Others – Commercial cereals • White crackers or crispbreads 	<ul style="list-style-type: none"> • Always make sure you have your carbohydrates with a serve of protein
Fruits and Vegetables <i>Choose items that are fresh, seasonal and organic if possible</i> <ul style="list-style-type: none"> • Greens: Spinach, rocket, silver beet, kale, broccoli, zucchini, asparagus, brussel sprouts, cabbage, bok choy, celery, green beans, watercress • Salad veggies: cucumber, avocado, tomato, olives, lettuce, capsicum, snow peas, sprouts radish • Other veggies: beetroot, carrot, squash, pumpkin, sweet potato, cauliflower, peas, eggplant, mushrooms, onion • Berries: blueberries, strawberries, raspberries, blackberries, mulberries, cranberries, goji berries • Other fruits: apple, banana, oranges, mandarins, lemons, limes, watermelon, peaches, nectarines, plums, apricots, cherries, papaya, figs, grapefruit, passionfruit, pears • Fermented vegetables ie. sauerkraut 	<ul style="list-style-type: none"> • Keep tinned/canned as a backup rather than your first choice • Limit dried fruits • Limit white potato consumption 	<ul style="list-style-type: none"> • Aim to consume 4-6 cups of vegetables per day (measured raw) • Aim for 2-3 servings of fruit per day (1 serve = 1 medium sized apple, 2 kiwi fruits, ½ cup of berries etc) • Steaming or stir frying are ideal cooking methods

Nuts, Seeds, Oils, and Fats		
<ul style="list-style-type: none"> • Nuts: almonds, brazil nuts, cashews, macadamias, pistachios, pecans, peanuts, coconut • Seeds: sesame, chia, sunflower, pepitas, poppy, flax, hemp. • Nut/seed butters – organic peanut butter, almond butter, ABC spread, tahini. • Oils – extra virgin olive, sesame, avocado, coconut, flaxseed, • Fats – organic butter, ghee. 	<ul style="list-style-type: none"> • ‘Honey roasted’ or candied nuts. • Tamari almonds – have as a treat. • Commercial nut butters – too much sugar and salt. • Vegetable oil (soybean, canola, sunflower, palm oil). • Margarine, animal fats. 	<ul style="list-style-type: none"> • Choose unroasted and unsalted nuts and seeds. • Aim to consume ¼ - ½ cup of nuts per day.
Dairy and Dairy Alternatives		
<ul style="list-style-type: none"> • Milk - Full cream organic, A2 milk; unsweetened almond, coconut or soy milk; goats or sheep milk. • Yoghurt – full – fat Greek yoghurt. • Cheese – goat and sheep cheese, white cheeses (ricotta, feta and other soft cheeses), small amounts of parmesan. 	<ul style="list-style-type: none"> • Limited amounts of rice milk. • Skim milks, flavoured milks. • Flavoured, ‘diet’ or fat-free yoghurts. • Yellow cheeses (‘singles’, cheddar, tasty, Swiss, mozzarella etc.) 	<ul style="list-style-type: none"> • Only include dairy if you can tolerate it.
Treats, Spreads and Condiments		
<ul style="list-style-type: none"> • Treats: cacao-based chocolate, dark chocolate, bliss balls. • Hummus, guacamole, tamari. • Herbs and spices, Himalayan, sea or rock salt. • Balsamic or apple cider vinegar. 	<ul style="list-style-type: none"> • Added sugar, cakes, lollies, biscuits, ice-cream, chocolate. • Commercial sauces and syrups. • Limit honey – it’s mostly just sugar. • Artificial sweeteners e.g. equal. 	