Anti-inflammatory eating guide

The human body uses inflammation to help fight illness and limit further harm. In most cases, inflammation is a necessary part of the healing process. However sustained or chronic inflammation can lead to weight gain, digestive issues and a range of inflammatory diseases including diabetes, cardiovascular disease and cancer. Research shows that a significant contributor to chronic inflammation comes from what we eat. Swapping out inflammatory foods for their anti-inflammatory counterparts will improve your health and wellbeing.

FRUIT AND VEGETABLES

Anti-inflammatory	Inflammatory
Consumption of fruit and vegetables, which contain antioxidants such as vitamins A, C, and E, selenium and zinc, as well as fibre and other phytochemicals, is associated with reduced inflammation. Antioxidants are able to support cellular function and protect the body against the damage caused by free radicals. Choose seasonal, organic (where possible) and try to consume a variety of different coloured fruits and vegetables. Consider fermented vegetables to restore and support healthy populations of gut bacteria.	Processed foods are high in sodium, preservatives, and sugar, and can be high in calories but low in nutrients.
Vegetables: Asparagus, beetroot, broccoli, bok choy, brussel sprouts, cabbage, carrots, kale, zucchini, onion, celery, sweet potato, spinach, capsicum, fennel **Fruit:** Avocado, raspberries, blueberries, strawberries, nectarines, oranges, grapefruit, red grapes, plums, pomegranates, blackberries, cherries, apples, cranberries, kiwi fruit, garlic, pineapple **Fungi:** Shiitake, reishi, maitake	**Vegetables:** tinned vegetables/soups, potato chips, vegetable oil **Fruit:** commercial fruit juices, processed fruit snacks e.g. tinned fruit, jams, preservatives

Practitioner notes:

LEGUMES AND BEANS

Anti-inflammatory	Inflammatory
Legumes are a pivotal component of diets such as the Mediterranean diet due to their beneficial effect on inflammation, blood cholesterol levels, blood sugar regulation and gastrointestinal health.	Vegan imitation meat products are often made from textured soy protein and soy isolates, and can contain food additives, poor quality oils, and can be high in sugar, salt and calories.
Adzuki beans, chickpeas, kidney beans, black beans, butter beans, soy beans (including fermented soy products such as miso, tempeh, tofu, edamame), lentils	Substitute meat and vegan products made with textured soy protein and soy isolates

Practitioner notes:

Practitioner Details:

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GRAINS AND PSEUDO GRAINS

Anti-inflammatory	Inflammatory
Wholegrains are a good source of fibre, which is essential for gastrointestinal health and for maintaining a healthy balance of good bacteria. An imbalance of good and bad bacteria, called 'dysbiosis', can increase the production of toxic byproducts which can contribute to chronic inflammation. A high fibre diet also helps to regulate blood sugar and cholesterol levels. Consider wholegrains and pseudo grains with minimal processing.	Refined carbohydrates are low in fibre and many nutrients. Low fibre grains cause blood sugar levels to spike which contributes to widespread inflammation in the body. Long term this can lead to chronic inflammatory diseases such as diabetes and cardiovascular disease.
Wholegrains: Brown rice, wild rice, barley, oats, freekah, bulgur, wholemeal sourdough. **Pseudo grains:** Quinoa, amaranth, buckwheat	Pizza, white bread, pasta, breakfast cereals, cakes, muffins, biscuits, pies, bagels, crackers

Practitioner notes:

NUTS AND SEEDS

Anti-inflammatory	Inflammatory
Nuts and seeds are nutrient dense providing good fats, protein, fibre, and antioxidants. A handful of nuts a day can assist with cholesterol and blood sugar control and help maintain a healthy balance of good bacteria in the gut. Choose a wide variety of raw and organic (where possible).	Roasted and flavoured nuts can contain preservatives, and can be high in sugar.
Nuts: Walnuts, almonds, pistachios, brazil nuts, macadamias, cashews **Seeds:** Sesame seeds, chia seeds, flaxseeds, pumpkin seeds, sunflower seeds	Roasted, flavoured and candied nuts, commercial peanut butter

Practitioner notes:

HERBS AND SPICES

Anti-inflammatory

Substantial anti-inflammatory effects can be produced by a diet rich in a variety of fresh and dried herbs and spices. Turmeric and ginger are particularly powerful natural anti-inflammatories. Add generously to meals for extra flavour and antioxidant effect.

Garlic, turmeric, ginger, rosemary, cinnamon, thyme, cloves, cayenne, cacao

Practitioner notes:

FATS AND OILS

Anti-inflammatory	Inflammatory
Monounsaturated fats and omega-3 polyunsaturated fatty acids (PUFAs) have numerous health benefits and are particularly potent anti-inflammatory compounds. Research is ongoing, but clinical research has indicated that consuming an omega-3 rich diet helps to prevent inflammatory and neurodegenerative diseases.	Excessive intake of trans- and saturated fats and a higher intake of the inflammatory omega-6 oils compared to the anti-inflammatory omega-3 oils contributes to chronic inflammation and increases the risk of chronic disease such as cardiovascular disease, cancer, obesity, arthritis, and inflammatory bowel disease.
Monounsaturated fats: Avocadoes, nuts such as hazelnuts, cashews and almonds, olive oil **Polyunsaturated fats:** Fish (e.g. salmon, herring, mackerel, sardines and anchovies), seafood, nuts such as walnuts and brazil nuts, flaxseeds, chia seeds **For cooking:** Coconut oil, olive oil, avocado oil, macadamia oil **For finishing/dressing:** Extra virgin olive oil, hemp seed oil, flaxseed oil, walnut oil	Mayonnaise, salad dressings, potato chips, fried foods, doughnuts, margarine, pastries, pies High omega-6 oils include soybean, canola, corn, sunflower, vegetable, peanut, rice bran

Practitioner notes:

ANIMAL PROTEINS (fish and seafood/meat/eggs/dairy)

Anti-inflammatory	Inflammatory
Regular consumption of oily fish, rich in anti-inflammatory omega-3 fatty acids helps to reduce the risk of cardiovascular disease and other inflammatory disease. Eggs provide a balanced source of healthy fats, proteins, vitamins and minerals. Consider wild caught fatty fish where possible; eat large fish in moderation due to potential heavy metal contamination.	Red meat is high in inflammatory saturated and omega-6 fats. Processed meats are high in saturated fats and advanced glycation end products (AGEs) which are inflammatory compounds that are created when processed meats are smoked, pasteurised or cooked at high temperatures. Processed meats also contain preservatives, colourings and artificial flavourings. Dairy can be inflammatory in those with lactose or casein intolerance/allergy, autoimmune conditions, infection or acne.
Salmon, mackerel, tuna, anchovies, herring, sardines, trout, swordfish, oysters Free-range eggs (organic where possible)	Red meat (steak, beef, lamb), pork, cured and processed meats (e.g. salami, ham, bacon, sausages), poultry, dairy (e.g. milk, cream, soft cheese, flavoured yoghurt)

Practitioner notes:

BEVERAGES

Anti-inflammatory	Inflammatory
Green tea is rich in antioxidant and anti-inflammatory compounds that are beneficial for a range of inflammatory conditions. Aim for 2L of liquid per day.	Alcohol, soft-drinks and energy drinks are high in calories, low in nutrients and contribute to chronic inflammation. Diet soft drinks or "sugar-free" drinks contain artificial sweeteners that may negatively impact the balance of good and bad bacteria in the gut.
Water, kombucha, broth, nut/plant-based milks, green tea, herbal teas (e.g. ginger, dandelion, licorice)	Soft drinks/diet soft drinks, alcohol, commercial fruit juices, artificially flavoured water, energy drinks, excess coffee consumption

Practitioner notes:

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