



# Anti- Inflammatory Diet

## WHAT IS INFLAMMATION?

Inflammation is defined as a localized reaction of tissue to irritation, injury, or infection. Symptoms of inflammation include pain, swelling, red coloration to the area and sometimes loss of movement or function. We commonly think of inflammation as the painful component of arthritis. Inflammation is also a component of chronic diseases such as heart disease and strokes. Chronic inflammation may also be connected to cancers of the esophagus, stomach, colon and liver.

## RECOMMENDED FOODS

Eat a diet which is based on organic, fresh ingredients:

- Drink plenty of water and other fluids. Increase water to 2 litres per day.
  - Nettle tea: high mineral content
  - Green tea: Contains polyphenols that fight oxidation in arthritic joints.
  - Rosehip tea: drink 2-3 cups per day
  - High in complex carbohydrates (fibre-rich whole grains, fruits, and vegetables). Good grains include millet, oats, rice and buckwheat
  - Good quality protein such as soy, fish, eggs or poultry
  - No more than 20% of calories in fat (with only 10% animal fats).
- Low-fat dairy products
- Bananas, artichokes for FOS (fructooligosaccharide - a natural fruit sugar)
  - Fresh cherries, strawberries, blueberries, and other red-blue berries have antioxidant compounds that protect cartilage, tendons and joints. At least 10 fresh cherries and berries daily
  - Celery and celery seeds are a traditional food-based remedy that has been observed to help halt inflammatory flare-ups as they are natural diuretics, decreasing uric acid
  - Vegetables including kale, cabbage, parsley, green-leafy vegetables, okra, fresh vegetable juices
  - Foods high in bromelain (pineapple)
  - Foods high in vitamin C (red cabbage, kiwi fruit, acerola)
  - Ginger and Turmeric: Inhibits pain-producing prostaglandins
  - Garlic: Acts as an antibiotic and anti-inflammatory. Add fennel, caraway seeds, alfalfa, garlic and fresh herbs to cooking
  - Essential fatty acids from cold water fish such as tuna and salmon, and from good quality oils such as flax, walnut, olive, etc. Oils like walnut, flaxseed, and grape seed can actually decrease pain and swelling, so pour over salads, and vegetables
  - Increase antioxidant containing foods i.e. sweet potatoes, apricots, carrots, mangoes, broccoli, avocado, onions
  - Shiitake mushroom: Boosts immunity. Add to soups, casseroles, stir-fries and salads regularly

## AVOID / ELIMINATE

- Alcohol (especially beer), sugars, simple CHOs additives, saturated fats, margarine etc. (Junk foods, high-fat meats, sugar and fast foods will increase inflammation in your body. This is partially due to the unhealthy fats used in preparing and processing these foods, especially trans fats and saturated fats)
- Fizzy drinks as they contain phosphates that deplete calcium levels.
- Eliminate citrus fruit
- Reduce red meat intake, avoid organ meats such as liver, kidney, heart, brain, etc. Avoid game meat i.e. venison, pigeon, goose, etc.
- Refined/ processed foods. (Processed meats such as lunch meats, hot dogs and sausages contain chemicals such as nitrites that are associated with increased inflammation and chronic disease)
- All yeast-containing foods such as extracts (Bovril, Marmite, Vegemite), essence of chicken, brewers and baker's yeast, canned / powdered soups & stock cubes, consommé, gravies, sauces, etc.
- Solanacea vegetables i.e. tomatoes, white potatoes, aubergine, peppers. ( These vegetables are part of the nightshade family of plants and contain a chemical alkaloid called solanine. Solanine can trigger pain in some people. While there isn't any formal research findings that back the claim about nightshade plants, you can avoid them for a few weeks to see if your pain and symptoms of inflammation improve)
- Avoid eating foods high in purines

*The following is a list of purine rich foods:*

Herbs:	hawthorn berries
Meats:	kidneys, liver
Seafood:	anchovies, caviar, sardines, shellfish, herring, mackerel
Yeasts:	brewer's yeast

