ANTI-INFLAMMATORY DIET

SUMMARY AND RATIONALE:
Several versions of the anti-inflammatory diet exist, all of which have the same basic guidelines: increase omega-3 fatty acids, fiber, and antioxidants; while decreasing omega-6 fatty acids, simple carbohydrates, processed foods, and inflammatory compounds. Some guidelines will go further to eliminate nightshade vegetables and common allergens (soy, peanut, corn, gluten, dairy, eggs).¹

The following recommendations should be followed strictly by anyone with autoimmune diseases⁶,⁷,⁹, obesity⁵,³,⁴,⁸ chronic pain⁸, Alzheimer’s disease⁸, ADHD⁵, cardiovascular disease and hypertension⁸,⁹, diabetes⁸, arthritis⁸, and neurological diseases⁸. For those who want to live a healthier lifestyle without chronic disease, these are optimal guidelines.

GUIDELINES FOR THE DIET¹⁰:

MAXIMIZE
Foods high in omega-3 fats:
- Cold-water fish (salmon, sardines, herring, mackerel)
- Ground flax seeds
- Almonds, walnuts, pecans, pistachios
- Olive oil
- Leafy green vegetables

Foods high in antioxidants:
- Rainbow of vegetable colors:
  - Yellow: peppers, squash
  - Red: peppers, beets
  - Orange: carrots, peppers, squash,
  - Green: Dark leafy greens, peas, green beans, broccoli, Brussels sprouts
  - Purple: cabbage, blueberries
- Berries (blueberry, goji, acai, raspberry, cranberry)
- Green tea
- Onions and garlic

Foods high in fiber
- Whole grains (gluten free): brown rice, quinoa, buckwheat, whole oats, ground flax seed
- Vegetables: especially celery, green beans, kale
- Fruits: especially apple, pear, pineapple, prune, berries

Anti-Inflammatory Spices
- Ginger
- Rosemary
- Turmeric
- Oregano
- Cayenne
- Clove
- Nutmeg

MINIMIZE
Foods high in omega-6 fats:
- Red meats
- Dairy products (milk, yogurt, cheese)
- Vegetable oils: corn, soy, safflower

Foods high in simple carbohydrates
- Bread, bagels, English muffins
- Baked goods: cakes, scones, cookies
- White rice
- Corn

Inflammatory compounds
- Sugar
- Alcohol
- Gluten
- Caffeine

Highly allergenic foods:
- Dairy
- Wheat
- Soy
- Corn
- Eggs

COMPLETELY ELIMINATE
- High fructose corn syrup
- Hydrogenated oils
- Artificial flavors, colors, sweeteners
- Soda, energy drinks

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