

## THE ANTI-INFLAMMATORY DIET

Inflammation in the body is known to contribute to chronic diseases such as diabetes, heart disease, asthma, inflammatory GI disorders, arthritis, obesity, cancer and Alzheimer's disease. Eating an anti-inflammatory diet may help to lessen inflammation and decrease chronic diseases.

Here are some simple guidelines:

### 1. Insure adequate Omega-3 fat intake

- Eat two servings (4 ounces each) of fatty fish per week or supplement with 1 gram (1000mg) combined EPA + DHA (the two most important omega-3s) daily.
- Reduce the use of Omega-6 fats (found mainly in animal foods). Try to keep the ratio of Omega-6 to Omega-3 in the range of 2:1 or 4:1.

### 2. Choose healthy fats.

- Substitute extra-virgin olive oil for other vegetable oils, trans-fats, or butter in your cooking.

### 3. Increase vegetable and fruit intake (especially vegetables).

- Eat 5-9 servings of vegetables and fruit daily with more than half as vegetables.
- Eat lots of deeply-colored vegetables and fruits.
- Try to fill up at least half of your plate with vegetables (not potatoes!).

### 4. Choose whole grain carbohydrates and limit portion sizes.

- Choose carbs that are whole grain and aim for a total of 25 grams of fiber per day.
- Double your vegetable intake and halve your carbohydrate (anything with flour and/or sugar).

### 5. Get your protein from plant sources such as beans, nuts and seeds.

### 6. Choose lean, natural animal sources of protein in small amounts.

### 7. Use spices

- Anti-inflammatory herbs and spices to try include garlic, turmeric, rosemary, ginger, oregano, cumin and cayenne.

### 8. Eat Mindfully

- Be mindful of your food portions. Quality and quantity matter. Regardless of how healthy your food choices are, excess calories from any source can increase inflammation and weight gain. Savor your food.

**9. Adopt the Okinawan philosophy of “hara hachi bu”**

- Stop eating when you are 80% full and pay attention to your hungry and full signals.
- Choose food that is closest to its natural form (less processed).

**10. Adopt an anti-inflammatory lifestyle.**

- Incorporate regular exercise.
- Be aware of stress and find healthy ways to reduce it.

**EAT MORE:**

- Foods high in omega-3 fats
- Cold water fish (salmon, anchovies, sardines, herring)
- Ground flaxseeds
- Walnuts
- Vegetables
- Yellow, orange, and red veggies
- Dark leafy greens
- Deeply colored fruit
- Berries, melons, citrus fruit
- Whole grains
- Steel-cut or whole rolled oats
- Sprouted grain breads
- Anti-inflammatory spices
- Turmeric, ginger, rosemary, oregano, cayenne

**EAT LESS:**

- Foods high in trans- and omega-6 fats
- Processed and red meats
- Dairy products
- Partially hydrogenated oils
- Corn, cottonseed, grape seed, peanut, soy oils
- Refined carbohydrates
- White breads or bagels
- English muffins
- Instant or white rice
- Rice and corn cereals
- Crackers, cookies, cakes
- Sodas and juices (including “diet” drinks).

“Eat food, not too much, mostly plants.” ~ Michael Pollan

