

ANTI-INFLAMMATORY FOOD GUIDE

in•flam•ma•tion [in-fluh-mey-shuh]
(n): derived from Latin: (inflammō)
(v): To ignite or set ablaze.

Paleolithic humans figured out how to control and harness the power of fire for cooking and warmth and we've depended on fire ever since. On the flip side of course, uncontrolled fire is one of the most destructive forces on the planet. Fire is a blessing and a curse. And so is inflammation...just like the fire from which it derives its name.

Inflammation is an absolutely essential biological reaction. We could not survive without it. But when that process gets out of control, it can become a destructive force. One that is at the root of virtually all painful and chronic diseases.

Taming the fire of chronic inflammation is entirely within your control. The switches on the inflammation control panel are all activated simply by what you decide to eat. If you make poor choices, inflammation heats up. And with it comes increased pain, and increased risk for serious disease. But when you make good choices, inflammation cools down...and so does the risk of chronic disease.

The chart below is an easy-to-use anti-inflammatory diet guide. It will help you make the best (and avoid the worst) food choices to keep inflammation under control.

FOODS TO INCLUDE

CARBOHYDRATES:

Vegetables:
No restrictions! Fill half your plate with vegetables. Especially the colorful ones. Organic vegetables are preferred whenever possible.



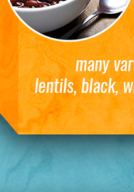
Fruits:
Focus on the deeply pigmented ones, like berries and cherries. Fresh is best but frozen fruits are great too!



Whole Grains:
Stick to grains that are in their whole, intact form. Brown or black rice, quinoa, buckwheat, and bulgur are great choices.



Beans:
Excellent source of complex carbohydrates and fiber as well as clean vegetarian protein. There are many varieties so mix it up with lentils, black, white, soy, pinto, kidney, garbanzos.



FOODS TO AVOID

CARBOHYDRATES:



High Fructose Corn Syrup:
This stuff has no place in a healthy, anti-inflammatory diet. None.

Sugar:
Limit intake, it spikes insulin levels which contributes to inflammation.



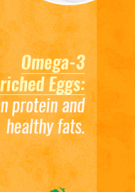
Processed Grains:
Restrict foods that are made from flour. When mills turn whole grain into flour, it makes the carbohydrates in the grain easier to break down which results in higher blood sugar spikes. White flour is worse than whole wheat flour but both should be limited.

White Flour:
Breads, pastas, baked goods, snack foods, and pastries that are made with flour should be restricted.

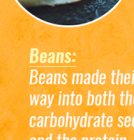


PROTEINS:

Wild Caught Fish:
High quality protein and full of anti-inflammatory oils. Wild salmon, sardines, arctic char, and black cod are great choices.



Omega-3 Enriched Eggs:
Clean protein and healthy fats.



Beans:
Beans made their way into both the carbohydrate section and the protein section...the lesson here is simple: eat more beans!



Organic Dairy:
unsweetened plain yogurt and hard cheeses in small amounts.



PROTEINS:

Beef: Factory farmed cattle are fed almost entirely on corn, heavily medicated, and live in deplorable conditions. They are unhealthy animals and the meat from them is unhealthy for you.



Pork:
Hog farms are arguably worse than cattle farms. Stay away.

Poultry & Eggs:
Again, factory farmed chickens and turkeys are unhealthy animals that produce unhealthy meat and eggs.



FATS:

Olive Oil:
Extra virgin olive oil should be the main oil you use in your kitchen.



Nuts & Nut Butters:
Walnuts, almonds, cashews, pecans, and nut butters without added ingredients are a part of an anti-inflammatory diet.



Seeds:
Hemp seeds, flax seeds, chia seeds can all be a delicious and nutritious addition.



Fish:
Cold water fish like wild Alaskan salmon and sardines are nature's most reliable source of healthy, anti-inflammatory Omega-3 oils.



Avocado:
There are high levels of monounsaturated fats in an avocado. Use avocado as a spread instead of mayonnaise.



Coconut:
Even though it contains saturated fats, this plant oil is healthy and useful for high heat cooking and baking.



FATS:

Trans Fats:
Avoid them completely. If it says "hydrogenated" or "partially hydrogenated" do not eat it. Margarine and shortening are made of trans fats.



Butter, Cheese, Full Fat Dairy:
Conventional dairy cows produce milk products that are loaded with pro-inflammatory saturated fats, are pro-inflammatory.



Beef, Pork, & Poultry:
Factory farmed animals have unhealthy fats in their meat. You should restrict consumption of meat altogether, and only eat grass fed, or pasture raised animals.

Vegetable Oils:
Although they may sound healthy, this is where the unhealthy Omega-6 fats come from. Stay away from soybean oil, vegetable oil, safflower oil, cottonseed oil, and palm kernel oil.



HERBS AND SPICES:

These are the top ten anti-inflammatory herbs and spices...but there are many many more. The more herbs and spices in our cooking, the better!!!



1. Turmeric
2. Ginger
3. Cloves
4. Cumin
5. Paprika
6. Sage
7. Rosemary
8. Cayenne
9. Cinnamon
10. Garlic

HERBS & SPICES:

Nothing to avoid here. Green light for ALL natural herbs and spices. Enjoy!



If you stick to the foods in the "foods to include" section...you will be well on your way to getting control over the fire of chronic inflammation.

Be well,

Dr. Joshua Levitt

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