

Anti-Inflammatory foods

Healthy Diets Have a mix of Protein, Fruits, & Veggies

What is Inflammation

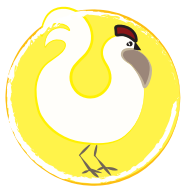
Inflammation is part of the body's immune response. Without our immune response, our bodies wouldn't be able to heal, therefore, our body's ability to produce inflammation is beneficial, but if inflammation goes too far, it can cause pain and possibly disease.

The foods we eat can contribute to, or reduce inflammation in our bodies. Foods that are high in sugar and saturated fat can encourage joint pain, fatigue, and can even damage blood vessels due to overstimulation of the immune system.

On the other hand, the foods we eat can also act as anti-inflammatory agents to aid our bodies; especially during any type of healing process.

Anti-inflammatory properties are derived from several sources such as: fats in protein, Omega 3 Fatty Acids, and a myriad of colorful fruits and vegetables. This guide is a small sample of ideas to get you started on a journey toward less inflammation in the body by eating more protein to build healthy cells, and gain more knowledge about the food we eat.

Animal & Vegetarian Protein



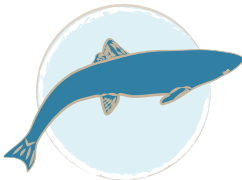
Free-range chicken

Meal Ideas: Baked herb chicken, chicken and melon salad, chicken and wild rice soup.



Legumes

Meal Ideas: Garbanzo beans or edamame on salads, split pea soup, hummus on flat bread, bean chili.



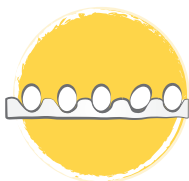
Wild fish

Meal Ideas: Lemon-pepper halibut, mango salsa salmon, wild prawns over wild greens.



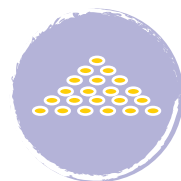
Tofu

Meal Ideas: Thai food, stir fry, substitute for milk or yogurt in pudding or smoothies.



Pasture-fed eggs

Meal Ideas: Breakfast burrito, hard boiled eggs in salads, egg drop soup, vegetable omelet or frittatas.



Meat alternatives or high protein grains

Meal Ideas: Garden burger, quinoa, vegetarian frozen dinners.



Free-range beef

Meal Ideas: Beef and veggie stir fry, steak kabobs, taco salad, or stewed chuck roast and root vegetables.



Nuts and seeds

Meal Ideas: Natural peanut or almond butter on a favorite fruit such as banana. Or, try sunflower or pumpkin seeds sprinkled on a tossed salad.



What's all the fuss about "free range"?

Glad you asked! 'Free Range', 'Grass Fed', and 'Wild' protein products will have nutrients such as Omega 3 Fatty Acids that tame inflammation. Animal proteins derived from processed sources, do not.

Examples of Anti-Inflammatory Meals & Ingredients

ITEM	HEALING PROPERTY	FOOD SOURCES	SIMPLE MEAL IDEAS
Monounsaturated Fats	Anti-Inflammatory	Avocado, Nuts/Seeds, Extra Virgin Olive Oil, Sesame Oil	Asian salad (cabbage, mandarin oranges, almonds, green onions) with sesame oil dressing. Or Avocado stuffed with Baby Shrimp .
Omega 3 Fats (Grass-Fed Meat, Poultry, & Wild Game)	Anti-Inflammatory, Protein Source	Wild Fish (Salmon, Sardines, Herring, Mackerel), Ground Flax Seed, Walnuts	Chilled Salmon on Rye Krisp Crackers, Waldorf Salad (apple, raisins, walnuts), Bob's Flaxseed muffins.
Natural Sweeteners	Antiviral, Flavor Modifier, & Mineral (Provides Zinc)	Honey, Maple Syrup, Molasses, Agave Nectar, Dark Chocolate	French toast with real maple syrup . Try Honey and Dijon mustard sauce as a condiment or marinade.
Yogurt (try organic or hormone-free!)	Protein, Probiotics, Minerals: Potassium, Calcium.	Read labels, look for 3 or more strains of 'active cultures'. Avoid high fructose corn syrup.	Naan (Indian Flat Bread) with plain Greek yogurt with curry, diced cucumber, and tomato . Yogurt smoothie with fruit , or parfait (layer low fat granola, berries, and yogurt). Greek yogurt (2x protein of regular yogurt).
Tea (Avoid green tea if using Velcade Chemotherapy)	Phytochemical (an EGCG) Flavorful fluid	Black Tea, Green Tea, Herbal Tea	Serve Tea in fine china or Japanese tea cups to make it more appealing. Ice Tea with fresh Mint Leaves.
Purple Fruits & Vegetables	Anti-Inflammatory, Provides "layers" of Phytochemicals	Dates, Beets, Plums Grape Juice, Pomegranate, Blueberries, Boysenberries	Grape juice popsicles, baked apples stuffed with dates and pecans , shredded beet & carrot salad with citrus dressing .
Yellow, Orange and Red Fruits	Anti-Inflammatory Rich in Potassium	Apricots, Cranberries, Apples, Bananas, Pears, Cantaloupe, Cherries, Strawberries, Raspberries, Peaches, Papaya	Fruited salad (Romaine, blueberries, Raspberries, Pineapple, Almonds with Poppy seed dressing). Or try Wild rice with dried apricots or Orange Peppers .
Yellow, Orange and Red Vegetables	Phytochemical: Lycopene, Vitamins: Beta Carotene, Vitamin C & Fiber	Carrots, Peppers, Sweet Potatoes, Squash	Shrimp Fajitas Squash Soup Baked Sweet Potato Fries
Citrus Fruits	Anti-Inflammatory, Antimicrobial, Immune Booster, Phytochemical (limonene), Vitamin C	Pineapple, Lime, Lemon, or Oranges (add the zest for maximum nutrients)	Add lemon to water or tea , Teriyaki Chicken with Pineapple-Mango Salsa (slice mango, pineapple, tomatoes, cilantro, red onion, lime juice, extra virgin olive oil).

ITEM	HEALING PROPERTY	FOOD SOURCES	SIMPLE MEAL IDEAS
Dark Green Vegetables	Phytochemical (Carotenoids), Beta Carotene, Vitamin K, Folic Acid & Fiber	Spinach, Kale, Turnip Greens, Asparagus	Spinach Dip or homemade Grilled Asparagus Spears . Add kale or spinach to soups & pasta dishes.
Allium Vegetables	Anti-Inflammatory, Antibacterial	Garlic, onions, leeks	Try roasted elephant garlic on bruschetta or use leeks in potato leek soup .
Mushrooms	Anti-Inflammatory, Immune Booster, Phytochemical (provides Lentinan)	Shiitake, Reishi Portobello & Maitake Mushrooms	Sautéed mushrooms over lean beef, or Stuffed Mushroom caps .
Cruciferous Vegetables	Anti-Inflammatory, Antibacterial, Liver Detox, Phytochemical (Indoles)	Cabbage, Broccoli, Cauliflower, Brussels Sprouts, Kohlrabi, Radishes	Broccoli, sunflower seed and Craisin Salad . For cauliflower, try cauliflower Soup .
Beans and Lentils	Anti-Inflammatory, Protein, Minerals (Molybdenum), Iron & Fiber	Garbanzo, Split Peas, Lentils, Black, Kidney, Navy, & Refried Beans	Baked beans and cornbread with honey, Garbanzo beans on salads, Split pea soup, or Nile spice lentil couscous soup.
Whole Grains	Anti-Inflammatory B-Vitamins Fiber	Barley, Oats, Rye, Spelt, Quinoa, Buckwheat, Millet, Whole Grain Bread	Turkey & Barley vegetable soup, quinoa with dried apricots and red onion , steel cut oatmeal with cinnamon & berries , Milton's toast with peanut butter & banana .
Organic Aged Cheese and Pasture-fed eggs	Protein, Nutrient Dense, provides vitamin K-12	Gouda, Jarlsberg, and Edam cheese, or egg yolks	Grilled cheese made with Gouda . Quiche made with eggs, Jarlsberg cheese, and vegetables .
Herbs and Spices	Appetite Stimulant	Caraway, Cilantro/Coriander, Cum-in, Mustard Seed, Parsley, Sea Salt, Turmeric	Caraway seed rye bread . Homemade chicken or vegetable broth with sea salt .
	Digestive Aids	Allspice, Bay Leaf, Cardamom, Cloves, Cinnamon, Ginger, Nutmeg, Oregano, Peppermint, Rosemary, Saffron	Cinnamon toast or cinnamon oatmeal . Ginger seltzer (grate fresh ginger in seltzer water for nausea).
	Antimicrobial, Antioxidant, Phytochemicals (flavonoids)	Basil, Black Pepper, Cayenne Pepper, Chives, Thyme	Stuffed potato with cheese, chives & pepper . Make a Caprese salad (basil, fresh sliced mozzarella, Roma tomato slices).