

## INFLAMMATION

Below is a list of pro-inflammatory foods. Make sure to avoid consuming these foods, as they may cause chronic inflammation, putting you at risk for a multitude of chronic diseases.

### **INFLAMMATORY FOODS: FOODS TO AVOID OR BE CAUTIOUS OF\***

#### **High Sodium Foods**

- Canned soups
- Deli meats
- Packaged breads
- Packaged snack foods
- Potato chips
- Processed foods

#### **High Sugar Foods**

- Candy
- Cookies
- Fruit juices
- Pastries
- Processed foods
- Sugar sweetened beverages
- Sugar sweetened foods
- White bread
- White rice

#### **Trans Fat Foods\*\***

- Commercially baked goods
- Fast food
- Fried foods
- Partially hydrogenated oils (as ingredient)
- Margarine
- Packaged snack foods
- Processed foods
- Vegetable shortening

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*\*Carefully read ingredients and nutrition panels on packaged foods. Not all breads, soups and snacks are created equally.*

*\*\*Trans fats are no longer recognized as safe by the FDA and will be mostly eliminated from the food supply by 2018. Some trans fat occurs naturally in meat and dairy products and in some oils due to processing, and companies can petition FDA for specific uses of certain partially hydrogenated oils, so they won't be completely gone.*

Inflammation is a major cause of chronic illness. Research shows the damage caused by the inflammatory response. Therefore, it's imperative that you consume healthful foods that contain specific powerful nutrients that will help inhibit chronic inflammation and reduce your risk of disease. Following are some of my most recommended foods:

## **ANTI-INFLAMMATORY NUTRIENTS: FOODS TO EAT**

### **Antioxidants**

- Fruits (apples, berries, lemon)
- Legumes (kidney beans, black beans, lentils)
- Nuts (almonds, walnuts, brazil nuts)
- Seeds (flax, chia, sunflower)
- Vegetables (artichokes, spinach, peppers, cruciferous vegetables like broccoli)

### **Anthocyanins**

- Skin of apples
- Skin of berries

### **Cinnamaldehyde**

- Cinnamon

### **Curcumin**

- Turmeric

### **Omega-3 fatty acids**

- Anchovies
- Bluefish
- Chia seeds
- Cod liver

- Flaxseeds
- Flaxseed oil
- Herring
- North Atlantic or Chub Mackerel
- Salmon
- Sardines in sardine oil
- Trout (freshwater)
- Tuna
- Walnuts

## **Organosulfur compounds**

- Garlic
- Onions

## **Phenolic derivatives**

- Honey

## **Polyphenols**

- Dark chocolate (no added sugar; >70% cocoa)
- Red wine
- Tea

## **Vitamin C**

- Broccoli
- Citrus fruits
- Red peppers
- Strawberries
- Tomatoes