

HEALTHY FOR LIFE

ANTI-INFLAMMATORY DIETS



Anti-inflammatory diets involve manipulating your diet to contain foods that have anti-inflammatory properties, as reducing systemic inflammation can help reduce the risk of developing conditions such as, heart disease, rhinosinusitis, diabetes, inflammatory bowel disease, rheumatoid arthritis, just to list a few.

Anti-inflammatory diets predominantly includes plant-based foods, as plants have essential nutrients you cannot get from other foods. Plants have been shown to have more anti-inflammatory benefits than a diet high in animal products. This is because a plant-based diet is high in anti-inflammatory phytochemicals and rich in antioxidants versus a meat-based diet.

If you're looking for an eating plan closely following the principles of anti-inflammatory eating, consider the Mediterranean diet which is high in fruits, vegetables, nuts, whole grains, fish, and healthy oils. The Mediterranean diet has a low Dietary Inflammatory Index demonstrating its anti-inflammatory potential, as well as been shown to beneficially harmonize the gut microbiota and immune system.

FOODS TO ENJOY

Anti-inflammatory foods are single ingredients that aren't unprocessed or refined in any way. They're our nutrient-rich, whole foods that are well-studied for their nutritional value and positive impact on the immune system, cardiovascular system and our bodies and brains in general.

'A large number of studies have shown plant based anti-inflammatory diets can reduce your risk of developing diabetes, heart disease and cancer, and can help support your immune system and boost your energy levels. They have also been shown to help you live longer!'

Dr Chloe Sacks APD AN



Oily fish such as salmon, mackerel, herring, trout, sardines,



All kinds of fresh vegetables, especially leafy greens. Aim for 5 serves a day



3-4 servings of fruit per day - especially berries and cherries



Nuts/seeds – such as walnuts, cashews, almonds, pistachios, pine nuts, chia, hemp



Healthy fats – extra virgin olive oil plus avocado oil, fats found in seeds, nuts, fish.

FOODS TO AVOID

Inflammatory foods include processed foods and saturated fats such as processed meats and snack foods (chips, cakes, biscuits), and some take-away food, as well as industrial seed oils, alcohol, red meat.

A DAILY MENU PLAN FOR ANTI-INFLAMMATORY DIET

- Breakfast- Omelette with spinach, tomato, mushrooms, turmeric & black pepper with sardines in olive oil
- Morning snack- Natural yoghurt with seasonal fruit & a cup of green tea
- Lunch - Quinoa Bowl with sweet potato, baby spinach, beetroot, avocado, chickpeas, walnuts, goats cheese with balsamic & olive oil
- Afternoon snack- Trail mix, including walnuts, dark chocolate, almonds, & goji berries
- Dinner- Salmon with ginger & garlic, broccolini, asparagus & baked potato

Healthy eating for everybody