

## Anti-inflammatory foods

Reducing inflammation levels in our diet is an extremely important nutrition goal. Studies show that eating the wrong foods can promote a state of chronic inflammation that leads to aches, pains, disability and chronic diseases.

Grains are a new food from a historical perspective. Grains, pasta, cereal, soy, dairy, refined sugar, corn oil were not consumed 5,000 years ago. We are not genetically adapted to eat these foods. The problematic substances in these foods (gluten, lectin, phytates) promote inflammation by promoting body acidity, and disrupt proper blood sugar regulation.

Gluten can cause: **digestive problems, headaches, neurological disorders, joint pain.**

Lectins can cause: **IBS, diabetes, RA, psoriasis, MS, allergies, auto-immune diseases.**

Grains are low in fiber and potassium. We should get our fiber and potassium from foods, not supplements. Nuts, fruits and vegetables are high in fiber and potassium.

### FOODS TO AVOID:

All grains and grain products: bread, pasta, cereal, pretzels, crackers, muffins, pastries, cookies,

Partially hydrogenated oils trans fats: deep fried foods, wheat thins, ritz, triscuits, packaged cookies.

Mayonnaise, margarine, salad dressings

Sugar, soda

Grain-Fed meats (non-organic chicken, beef, pork)

### FOODS TO ENJOY:

Fruits and vegetables

Lean meats – grass fed and organic, hormone free range

Fresh or frozen fish – (not farm raised)

Nuts – almonds, walnuts, cashews, hazelnuts (not peanuts)

Spices – turmeric, ginger, oregano, coriander, fennel, basil, rosemary, sea salt

Oils – olive oil, balsamic vinegar, lemon juice, coconut oil, organic butter

Alcohol – red wine, dark liquor (in small quantities!), stout beer

Sweets – fruits or dark chocolate, honey

Grains – quinoa, potatoes (red or purple), millet, rice, sorghum

