

# Anti-inflammatory Food List



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## Introduction

An anti-inflammatory diet is designed to **reduce inflammation** in the body's cells and tissues. Chronic inflammation is linked to various health conditions, such as **diabetes, cardiovascular diseases, and cancer**. This guide will help you understand which foods to include and avoid to help manage inflammation.

## Who Needs An Anti-inflammatory Diet?

An anti-inflammatory diet is beneficial for people with conditions caused by or worsened by **chronic inflammation**, including:



Rheumatoid arthritis



Cardiovascular conditions



Type 2 diabetes



Lupus erythematosus



Asthma



Inflammatory bowel disease (IBD)



Esophagitis



Psoriasis



Crohn's disease



Certain types of cancer

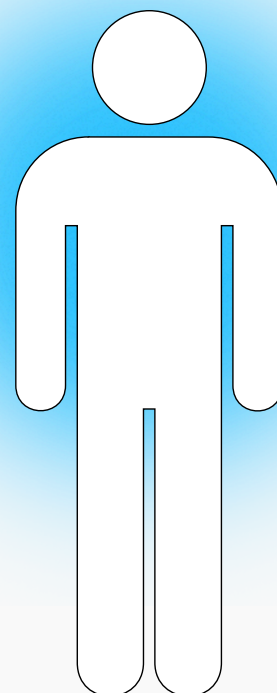
## Benefits

Reduces inflammation in the body

Alleviates symptoms of chronic inflammatory diseases

Helps combat inflammation as it is rich in antioxidants

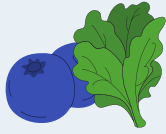
Lowers risk for degenerative and age-related diseases



## Types Of Anti-inflammatory Diets

	FOODS TO INCLUDE	FOODS TO LIMIT/AVOID
Mediterranean Diet	Fresh fruits and vegetables, whole grains, legumes, nuts and seeds, olive oil, fatty fish, low-fat dairy	Added sugars, processed foods, refined carbohydrates, saturated fats, tropical oils, high-fat or processed meats
DASH Diet	Fresh fruits and vegetables, whole grains, legumes, nuts and seeds, olive oil, fatty fish, low-fat dairy	Added sugars, processed foods, refined carbohydrates, saturated fats, tropical oils, high-fat or processed meats, high-salt foods
MIND Diet	Whole grains, vegetables (especially leafy greens), nuts, beans, berries, olive oil, poultry	Sweets, baked goods with added sugar, meat dishes with beef, pork, lamb, cheese, fried foods, butter or margarine

## Foods to Include In Anti-inflammatory Diet



### Fruits and Vegetables

- Berries, cherries, peppers, blueberries, blackberries, grapes, pineapples, plums, peaches
- Sweet potatoes, yellow bell peppers, squash, dark leafy greens, Brussels sprouts, cabbage, green beans, eggplant, olives, purple cabbage



### Proteins

- Plant-based proteins: beans, legumes, nuts, seeds
- Grass-fed meat and fish



### Fiber

- Whole grains, bran cereal, nuts, berries, beans, brown rice, potato skins



### Herbs & Spices

- Ginger, turmeric, sage, cumin, cloves, cinnamon, paprika, tarragon



### Omega-3 Fatty Acids

- Fatty fish, fish oil, walnuts



### Monounsaturated Fats

- Olive oil, avocados



### Snacks

- Dark chocolate (70% cocoa or more)

## Foods to Limit/Avoid In Anti-inflammatory Diet



**Proteins**

- Grain-fed beef, processed meats



**Trans-fats**

- Partially hydrogenated oils, baked goods, fried foods



**Saturated Fats**

- Meats like lamb, pork, fatty beef, chicken with skin
- Dairy products, fruit juices

## Other Tips



Avoid processed foods, foods with added sugar or salt, fried foods, fatty foods, processed carbohydrates, and premade desserts.



Incorporate more whole foods into your diet.



Pay attention to your body's responses and adjust as needed.



Consult with a healthcare provider before making significant dietary changes.

## Anti-inflammatory Meal Ideas

### Breakfast

#### Vegetarian

Oatmeal topped with berries and a sprinkle of flaxseeds

Greek yogurt with honey and mixed nuts

#### Non-vegetarian

Scrambled eggs with spinach and tomatoes

Smoked salmon on whole-grain toast with avocado

#### Vegan

Smoothie with spinach, banana, blueberries, and almond milk

Chia seed pudding with almond milk and fresh berries



## Lunch

### Vegetarian

Quinoa salad with chickpeas, mixed greens, cherry tomatoes, and olive oil dressing

Lentil soup with a side of whole-grain bread

### Non-vegetarian

Grilled chicken salad with mixed greens, avocado, and lemon vinaigrette

Turkey and avocado wrap with whole grain tortilla

### Vegan

Hummus and veggie wrap with whole grain tortilla

Buddha bowl with quinoa, chickpeas, avocado, and mixed vegetables

## Snack

### Vegetarian

Greek yogurt with a handful of walnuts

Apple slices with almond butter

### Non-vegetarian

Hard-boiled eggs with a sprinkle of paprika

Tuna salad with celery sticks

### Vegan

Carrot sticks with hummus

Dark chocolate square (70% cocoa or more)

## Dinner

### Vegetarian

Stir-fried tofu with mixed vegetables (broccoli, bell peppers, carrots) and brown rice

Baked stuffed bell peppers with quinoa and black beans

### Non-vegetarian

Grilled salmon with a side of steamed broccoli and sweet potato

Baked cod with a quinoa and vegetable medley

### Vegan

Spaghetti squash with marinara sauce and lentil meatballs

Coconut curry with chickpeas and vegetables served over brown rice

Now, use the **suggestions and food recommendations** to chart out your **own diet** with the **foods you love!**

## Your Anti-inflammatory Plan

### Foods to Add

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Foods to Avoid

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- -----

## Personal Goals

What inflammation-related concerns do you have?

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- -----
- -----

Which foods or strategies will you focus on first?

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Other areas of self-care to focus on

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- -----
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