



TRI·HEALTH

WELLNESS CENTRE

THE ANTI-INFLAMMATORY DIET

There are many variations of the Anti-Inflammatory diet and there is no clear leader. However, once you review the diet you will realize that it is very intuitive which foods to avoid. Many patients tell me – I eat 90% like this anyways. That’s great – go for 100%. If you have a hard time starting – aim to reduce the foods to avoid. Being healthy takes some work but more importantly it takes practice. Once it becomes a habit, it is now the new normal. Remember, enjoy your food! Try new recipes, try new foods. If you can have all organic – great, if not it’s ok. Whole foods – meaning the natural state that foods are grown provide the most benefits and cause the least harm. Please do contact me at anytime with questions or concerns admin@trihealth.ca.

VEGETABLES

Foods to Enjoy	Foods to Avoid
<p>Experiment with a variety of vegetables- Try for a Rainbow assortment at each meal which will provide different nutrients, preferably lightly steamed, water sautéed or baked as this improves the utilization of the food nutrients allowing the GI (gastrointestinal) mucosa to repair itself.</p> <p>Minimize raw vegetables.</p> <p>Yams and sweet potato are not a nightshade and are great substitutions for potato.</p>	<p>Nightshade vegetables: Tomatoes, potatoes, eggplant, peppers, tobacco, corn and potato chips.</p>

FRUITS

Foods to Enjoy	Foods to Avoid
<p>Preferably cooked or baked (i.e. apple sauce, baked pears) fresh berries (the best is cherries)</p>	<p>Oranges. Some people may have a problem with bananas.</p>

GRAINS

Foods to Enjoy	Foods to Avoid
Amaranth, buckwheat, millet, quinoa and rice. Experiment with lentil pasta, rice crackers and millet porridge.	Wheat and gluten grains can cause major inflammation. Minimize oats, barley, spelt, rye, and kamut.

LEGUMES AND BEANS

Foods to Enjoy	Foods to Avoid
All beans, peas and lentils	None

FISH

Foods to Enjoy	Foods to Avoid
All fresh fish (Pacific wild salmon, mackerel, trout, sardines are the best sources of omega 3 which is a powerful anti-inflammatory! Ideally, fish is best baked, broiled, poached or steamed.)	Shellfish

CHICKEN, TURKEY, WILD GAME

Foods to Enjoy	Foods to Avoid
Ideally free-range or organically raised Lamb, Duck, Rabbit, Quail and Emu.	Avoid conventional Beef and pork (bacon) Try to have less than 3 eggs a week

DAIRY

Foods to Enjoy	Foods to Avoid
Milk substitutes in small quantities, i.e. Soy, nut and rice milk. Try almond milk. Aim for “unsweetened versions” only, for all of the above-listed.	Milk, cheese, cream, yogurt, ice cream

NUTS AND SEEDS

Foods to Enjoy	Foods to Avoid
Almonds, walnuts, pecans, filberts, sesame, sunflower, flax, pumpkin seeds. Try nut butters made from these and add chopped nuts to meals. Grind seeds in a coffee grinder.	Pistachios, peanuts, cashews contain mold and should be avoided.

OILS AND FATS

Foods to Enjoy	Foods to Avoid
Use raw olive oil, sesame oil or clarified butter. Omega 3 fats are anti-inflammatory: flax, fish oil, Hemp, and walnut Good omega 6 oils include: Hemp, evening primrose, pumpkin, almond and sesame.	Margarine, shortening, commercial salad dressing and large amounts of butter

SPICES AND HERBS

Foods to Enjoy	Foods to Avoid
Most fresh spices or herbs Turmeric and ginger have powerful anti-inflammatory action	Cayenne, Paprika. These are both peppers

SWEETENERS

Foods to Enjoy	Foods to Avoid
Small amounts of honey, blackstrap molasses, rice syrup, maple syrup and stevia.	White and Brown sugar, Nutrasweet, artificial Sweeteners. Chocolate

BEVERAGES

Foods to Enjoy	Foods to Avoid
8-10 cups of water a day (filtered), stevia, lemonade, herbal tea (try brewed overnight and cooled in the fridge), yerba mate tea, green tea, fresh vegetable juice (with no-added-sugars such as glucose and fructose—please read labels), coffee substitute: Dandelion blend.	Coffee, tea, alcohol, pop, sugar sweetened juice