



## Eating Tips: Anti-Inflammatory Diet

### VEGETABLES & FRUITS

- Say “vegetables and fruits” instead of “fruits and vegetables” to put emphasis on plant foods with a lower glycemic load.
- Eat a variety of vegetables and fruit — try to cover as many colors in the natural spectrum as possible.
- Eat plenty of cruciferous vegetables.
- Include soy in the forms of edamame, tofu, and tempeh.
- Consider organic when possible.
- In-season items are generally cheaper and most nutrient rich.

### OTHER CARBOHYDRATES

- Whole and cracked grains are generally good choices. This is not to be confused with “whole wheat” or claims of “whole grains” on packaging. You should be able to literally see the grains.
- Pastas should be an occasional, not daily, part of the diet. Cooking al dente will lower the glycemic load.
- Consider the addition of vinegar to dishes as a quick, easy, low-calorie way to lower glycemic load.
- Include high-fiber cereal grains as a low-cost and very accessible diet change.
- Another means of increasing fiber intake is by eating more berries and beans.

### FATS

- EPA and DHA can be obtained from consumption of cold-water fish such as salmon, sardines, and albacore tuna.
- Omega-3 fatty acids can be found in several plant sources, including walnuts and purslane.
- Fish oil supplements have data to support anti-inflammatory properties, as well.
- Foods high in monounsaturated fats include olive oil, olives, nuts, seeds, avocado. However, these foods are calorie dense, so eat appropriate serving sizes, in moderation.

- Olive oil should be a main cooking oil. Another option is expeller-pressed, organic canola oil.

### PROTEINS

- Choose fish rich in omega-3 fats, including wild Alaskan salmon (especially sockeye), herring, sardines and black cod (a.k.a. butterfish or sablefish).
- Plants can be plentiful sources of protein, especially nuts and legumes.
- Best choices for legumes include Anasazi beans, adzuki beans and black beans, as well as chickpeas, blackeyed peas and lentils.
- Mushrooms are not all created equally. Explore Asian mushrooms rather than the more readily available button type.
- Additional healthy protein sources include high quality dairy and eggs.
- The high levels of omega-3s in grass-fed beef may actually offer a health advantage, though this hasn't been proven.

### SPICES, BEVERAGES, & SWEETS

- Try seasoning your food with turmeric, curry powder, ginger, garlic, chili peppers, cinnamon, and other herbs and spices.
- Drink tea instead of coffee, especially good quality white, green, or oolong tea.
- Men who choose to drink alcohol should limit consumption to only 2 drinks/day and women, 1 drink/day
- Enjoy plain dark chocolate in moderation (with a minimum cocoa content of 70 percent).