

# Anti-Inflammatory Diet

## What is an Anti-Inflammatory Diet?

- More plant-based foods
- Low glycemic (GI) high fiber foods
- Heart Healthy fats
- Foods high in phytochemicals
- NON-processed nor refined foods

## Food Groups:

### Fruits: 3-4 servings\* per day

\*Serving=1 tennis ball sized fruit, ½ banana or 1 cup sliced fruit or berries

- Fruits are rich in antioxidants, flavonoids and carotenoids, and Vitamin C.
- Go for a rainbow of color, choose fresh in season or frozen, and buy organic when possible.
- Increase fruit by adding to each meal, use for snacks/desserts or incorporate into smoothies.

### Vegetables: 2-3 cups per day

- Choose dark green, or bright colored vegetables. Like fruits, vegetables are rich in antioxidants, anti-inflammatory agents and vitamins.
- Fresh, frozen or organic are good choices.
- Increase vegetable intake by adding to main dishes, breakfast, and snacks.

## Grains and Starches:

### Beans: 1-2 servings\* per day

\*Serving=1/2 cup

- Adzuki, kidney, and garbanzo are especially good choices.
- Beans are rich in folic acid, magnesium, potassium and soluble fiber. They are a low-glycemic starch. Eat them well-cooked, even canned rinsed beans are good.
- Add to soup and salads, use bean spread like hummus
- Beans provide good meatless protein at meals.

## Whole Grains: 3-5 servings\* per day

\*Serving=½ cup cooked

- Brown rice, basmati rice, wild rice, buckwheat, barley, quinoa, steel-cut oats
- Whole grains digest slowly and have a lower GI. "Whole grains" means grains that are intact or in larger pieces. Whole wheat may not be whole grain because it's been processed into flour.
- Choose whole wheat pasta, bean or lentil pasta, rice noodles, bean thread noodles, and whole wheat/buckwheat noodles like Japanese Udon and Soba.
- Here's a healthy tip - Pasta cooked al dente has a lower GI than fully cooked pasta!

## Fish and Seafood: 2 servings\* per week

\*Serving=4 ounces cooked

- Wild Alaskan salmon (especially sockeye), herring, sardines, and black cod (sablefish)
- Fish is rich in omega-3 fats – so having more improves the Omega-6 to Omega-3 ratio.
- Taking fish oil supplements may be of some benefit as well.

## Fats 5-7 servings\* per day

\*Serving=1 tsp oil, 10 nuts, 1 Tbsp seeds, 1/8th of an avocado

- Healthy fats are rich in either monounsaturated or Omega-3 fats which are anti-inflammatory
- For cooking, use extra virgin olive oil, avocado oil, or expeller pressed canola oil. Also try walnut and hazelnut oils.
- Include other fats such as nuts (especially walnuts), avocados, hemp, flax, chia seeds.
- Choose Omega-3 enriched eggs.

## Cooked Asian Mushrooms: Unlimited

- Shiitake, enokitake, maitake, oyster mushrooms, or wild mushrooms
- These mushrooms contain compounds that enhance immune function. Eat them cooked.

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## **Animal Proteins: Limit to only 1-2 servings per week** \*Serving=3 ounces cooked

- This limit includes eggs, cheese, red meat and poultry
- Choose natural cheeses and organic skinless chicken.

### **How to Reduce your Meat Consumption:**

Start by replacing meat-containing meals with meatless meals:

- Scale back to one meal/day. It may be easier to start avoiding meat at lunch and breakfast first.
- Include all kinds of beans, legumes, whole grains, tofu, tempeh and vegetables.
- Have less meat entrees such as stir fry, or soup

Delicious plant-based recipes can be found at:

[www.forksoverknives.com](http://www.forksoverknives.com)

[www.meatlessmonday.com](http://www.meatlessmonday.com)

## **Whole Soy Foods: 1-2 servings\* per day**

**\*Serving is ½ cup tofu/tempeh, 1 cup soymilk, ½ cup edamame, 1 oz soy nuts**

- Soy foods contain isoflavones that have antioxidants and are protective against cancer.
- Choose whole soy foods over soy powders or meat substitutes.

## **Healthy Sweets: use sparingly**

- Try dried fruit, dark chocolate, fruit sorbet.
- Dark chocolate provides polyphenols. Choose dark chocolate with at least 70 percent pure cacao. Have an ounce a few times a week.
- Fruit sorbet, fresh fruit, and fruit crisps with oatmeal topping are healthy choices also.

## **Herbs and Spices: Unlimited amounts, use them generously**

- Good Choices include: turmeric, curry powder (which contains turmeric), ginger and garlic (dried and fresh), chili peppers, basil, cinnamon, rosemary, and thyme.
- Spices and herbs improve flavor without salt. Turmeric and ginger are powerful, natural anti-inflammatory agents.

## **Beverages**

**WATER:** Throughout the day

**Healthy choices:** Drink pure water, tea, very diluted fruit juice, or sparkling water.

**Why:** Vital for overall functioning of the body

**TEA:** 2-4 cups per day

**Healthy choices:** White, green, oolong teas

**Why:** Tea is rich in catechins and antioxidant compounds that reduce inflammation

**RED WINE:** Optional, no more than 1 small glass per day and only if no meds are currently being taken

**Healthy choices:** Organic red wine

**Why:** Red wine has beneficial antioxidant activity. Limit intake to no more than 1-2 servings per day. If you do not drink alcohol, do not start.

## **Prebiotics/Probiotics**

- Naturally found in whole grains, fruits, and vegetables
- Good food sources of probiotics are kimchi, fermented dairy (such as Skyr yogurt), Kombucha and Tempeh
- Some probiotic supplements have been found to decrease symptoms of disease in inflammatory gastrointestinal illness. Try L. Acidophilus, S. Thermophilus and B. Bifidum.

## **Simple Dietary Changes to Make:**

- Boost consumption of fruits/vegetables
- Cook with olive oil
- Snack on nuts/ walnuts instead of chips
- Replace white foods with whole grains
- Eat more fish
- Eat fewer fast foods and processed foods
- Limit all sugary drinks
- Eat more lentils and beans
- Enjoy dark chocolate (it is an acquired taste!)

## Sample Meals and Snacks

### Breakfast:

- Enjoy a savory (not sweet) breakfast, that includes a protein source. Ideas could include quinoa, vegetables and avocado with smoked salmon.
- Broaden your scope! Have leftover lunch or dinner meals.
- Include vegetables in an omelet with Omega-3 eggs or egg whites and sweet potato.
- Beans, corn tortillas with vegetables are common breakfasts, enjoyed internationally.
- Combine plain Greek yogurt with fresh fruit. Add flax or chia seeds, nuts or nut butters

### Lunch:

- Make ahead - consider meatless soups/ stews- in crockpot
- Try vegetable salads with beans, tofu, nuts or seeds.
- Add tuna or sardines to a bed of greens, with added vegetables.
- Have a vegetarian sandwich such as peanut butter and jelly sandwich. Use preserves or jams that have seeds.

### Dinner:

- Ideas are:  
Fish/chicken with quinoa or beans and steamed vegetables or salad  
Fish tacos with cilantro, salsa, avocado, and black beans on corn tortillas  
Soup or chili made with beans, onion, garlic, spices, chilies, and vegetables  
Stir fry tofu or tempeh with mushrooms, and vegetables. Place over brown rice

### Snack Suggestions:

- Walnuts and dried fruit
- Hummus with fresh vegetables
- Smoked salmon on cucumber slices
- Dates stuffed with almond butter and coconut flakes

### Dessert

- Think "desserts" and the word "sweet" is likely the first to pop into mind. Get "sweet" from fruits paired with a little dark chocolate, or yogurt with fresh berries.
- Finish with a cup of tea, lemon, and a dash of honey.

### Kale Salad:

1/2 cup extra-virgin olive oil  
1/4 cup freshly squeezed lemon juice  
3 garlic cloves, mashed  
Pinch of red pepper flakes and a pinch of salt  
2 bunches kale- ribs removed, cut into 1/4" shreds  
1/2 cup grated Parmigiano- Reggiano cheese  
2 T Panko breadcrumbs

In a bowl, whisk the oil, lemon juice, garlic, salt and red pepper flakes. Add the kale and toss well to coat. Let the salad sit at room temp for 10 to 30 minutes. Add the cheese and breadcrumbs and toss again. Garnish with the cheese shavings before serving.

### Miso Salmon with Rice and Vegetables

1/4 cup rice vinegar  
4 1/2 teaspoons honey  
3 tablespoons white miso paste, divided  
1/3 cup plus 1 tablespoon canola oil, divided  
1/2 teaspoon sesame oil  
4 salmon filets (4 ounces each)  
2 cups fresh snow peas  
1 medium sweet red pepper, sliced  
1 small onion, halved and thinly sliced  
1 package (8 1/2 ounces) ready to serve brown rice  
6 ounces fresh baby spinach (about 7 cups)  
Black sesame seeds

In a small bowl, whisk vinegar, honey and 4 1/2 teaspoons miso until smooth. Gradually whisk in 1/3 cup canola oil and sesame oil; set aside. Spread remaining 4 1/2 teaspoons miso over salmon. Bake at 400° for 12 – 15 minutes or until fish just begins to flake. Meanwhile, in a large skillet, heat remaining tablespoon canola oil over medium heat. Add snow peas, pepper and onion and cook until crisp-tender, about 8 minutes. Add rice. Cook and stir until heated through. Remove from heat and stir in spinach until wilted. Serve with salmon; drizzle with reserved vinaigrette and sprinkle with sesame seeds.

### Orange Cardamom Chocolate Mousse

1 3-oz high quality dark chocolate bar, cut into pieces  
1 12.3 oz package firm silken tofu, cut into large chunks  
1/4 cup orange juice  
1 tablespoon unsweetened cocoa powder  
1 tablespoon agave nectar, maple syrup or honey  
1 teaspoon ground cardamom  
Zest from 1 whole orange

Place chocolate bar pieces in a microwave-safe bowl and microwave at 20 second intervals until melted. Combine tofu and orange juice in a blender or food processor; process until smooth. Add remaining ingredients and process until well combined. Chill in refrigerator for 1 hour before serving.

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<https://www.drweil.com/diet-nutrition/anti-inflammatory-diet-pyramid/dr-weils-anti-inflammatory-diet/>

## Meal Planning Resources:

- [kphealthyme.com/Healthy-Eating-Active-Living-Programs/Plant-based-Diet](http://kphealthyme.com/Healthy-Eating-Active-Living-Programs/Plant-based-Diet) - Nutrition Services website for general information
- [about.kaiserpermanente.org/total-health/food-for-health](http://about.kaiserpermanente.org/total-health/food-for-health) healthy eating recipes
- [oldwayspt.org](http://oldwayspt.org) - traditional diets and recipes
- [pcrm.org](http://pcrm.org) - 21-day vegan diet trial
- [drweil.com](http://drweil.com) - anti-inflammatory food pyramid, cookbooks, videos
- [eatthismuch.com](http://eatthismuch.com) - meal planning ideas