

Name: _____

Date: _____

R_x

Anti -Inflammatory Diet

The Anti-Inflammatory Diet is best described as a diet based on evidence-based principles of sound eating to promote health, prevent and reduce inflammation in the body. It can be a helpful treatment adjunct for a wide variety of common diseases including heart disease, diabetes, Alzheimer's Disease, COPD, inflammatory bowel disorders, cancer, depression and pain.

1) Ensure adequate omega-3 intake.

- ⊗ Eat two servings (4 ounces each) of fatty fish per week, or supplement with 1 gram combined EPA + DHA daily.
- ⊗ Reduce use of omega-6 fats to keep ratio of omega-6:omega-3 in range of 2:1 – 4:1.



2) Choose healthy fats.

- ⊗ Substitute olive oil for other vegetable oils, trans-fats, or butter in cooking for health benefits.

3) Increase vegetable and fruit intake (especially vegetables)



- ⊗ Eat 5 - 9 servings of vegetables and fruit per day, with more than half as vegetables.
- ⊗ Color your diet! -- deeply-colored fruits and vegetables contain higher amounts of protective phytochemicals.
- ⊗ Use the plate method – the biggest portion (half the plate) is where the vegetables go (excluding potatoes).

4) Choose whole grain carbohydrates and limit the portion sizes.

- ⊗ Choose carbs that are whole grain (requires chewing!), and aim for total of 25 grams of fiber per day.
- ⊗ Most Americans would do better by simply doubling their vegetable intake and halving intake of refined carbohydrates!





5) ***Incorporate plant-based proteins and/or choose lean, natural animal sources of protein.***

6) ***Spice it up! Include garlic, turmeric, rosemary, ginger, and cayenne in your diet.***

7) ***Eat mindfully***

- ⌘ Adopt the Okinawan philosophy of “*hara hachi bu*” – stopping when nearly 8/10 full and paying attention to hunger and satiety signals.
- ⌘ Regardless of how healthy your food choices are, excess calories from any source increase inflammation and obesity.

8) ***Focus on the whole diet pattern, not just components. Choose food that is closest to its natural form (i.e., less processed). Best dietary advice in 7 words: “Eat food. Not too much. Mostly plants.” - Michael Pollan***

9) ***Keep weight under control.***

- ⌘ It is especially important to prevent and reduce obesity, especially abdominal obesity, as obesity itself sets up chronic inflammatory responses in the body.
- ⌘ Maintain BMI between 18.5 – 24.9.

10) ***Don't forget dark chocolate! - 2 ounces of dark (70% cocoa mass or greater) chocolate as your treat.***

