

ANTI-INFLAMMATORY *Eating Guide*

Chronic inflammation can lead to numerous long-term health problems. Eat a wide variety of anti-inflammatory foods every day to promote health and well-being.

FRUIT AND VEGETABLES

Choose seasonal, organic produce (where possible), of a variety of colours (eat a rainbow each day); consider fermented vegetables to restore and support gut bacteria.

Vegetables: Asparagus, beetroot, broccoli, bok choy, brussel sprouts, cabbage, carrots, kale, zucchini, onion, celery, sweet potato, spinach, capsicum, fennel

Fruit: Avocado, raspberries, blueberries, strawberries, nectarines, oranges, grapefruit, red grapes, plums, pomegranates, blackberries, cherries, apples, cranberries, kiwi fruit, pineapple

Fungi: Shiitake, reishi, maitake mushrooms



FATS AND OILS

Monounsaturated fats: Avocados, nuts such as hazelnuts, cashews and almonds, olive oil

Polyunsaturated fats: Fish (e.g. salmon, herring, mackerel, sardines and anchovies), seafood, nuts such as walnuts and brazil nuts, flaxseeds, chia seeds, eggs

For cooking: Coconut oil, olive oil, avocado oil, macadamia oil

For finishing/dressing: Extra virgin olive oil, hemp seed oil, flaxseed oil, walnut oil



GRAINS AND PSEUDO GRAINS

Consider wholegrains and pseudo grains with minimal processing (e.g. steel cut oats versus rolled oats).

Wholegrains: Brown rice, wild rice, barley, oats, freekah, bulgur, wholemeal sourdough

Pseudo grains: quinoa, amaranth, buckwheat



NUTS AND SEEDS

Choose a wide variety of raw and organic (where possible).

Nuts: Walnuts, almonds, pistachios, brazil nuts, macadamias, cashews

Seeds: Sesame seeds, chia seeds, flaxseeds, pumpkin seeds, sunflower seeds



LEGUMES AND BEANS

Adzuki beans, chickpeas, kidney beans, black beans, butter beans, soy beans (including fermented soy products such as miso, tempeh, tofu, edamame), lentils.



FISH AND SEAFOOD

Consider wild caught fatty fish where possible; eat large fish in moderation due to potential heavy metal contamination.

Salmon, mackerel, tuna, anchovies, herring, sardines, trout, swordfish, oysters.



HERBS AND SPICES

Add generously to meals for extra flavour and antioxidant effect.

Garlic, turmeric, ginger, rosemary, cinnamon, thyme, cloves, cayenne, cacao.



BEVERAGES

Aim for 2L of water a day. Herbal teas can make a good substitution for coffee.

Water, kombucha, broth, nut/plant-based milks, green tea, herbal teas (e.g. ginger, dandelion, licorice).



*Let food be
thy medicine and
medicine be thy food*
- Hippocrates

