



ANTI-INFLAMMATORY DIET GUIDE

In recent years, scientists have discovered a strong link between illness and inflammation, in fact so many chronic diseases are the results of inflammation and most inflammation begins in the gut.

Eating an anti-inflammatory diet can calm down inflammation in your digestive tract allowing you to absorb your nutrients

better, improve your digestive function and your health in general. The following are a guide, initially try and start with the 90/10 rule and once inflammation is under control ease back to 80/20. Minimising dairy, gluten, red meat, sugar and processed foods is key to getting inflammation under control.

ANTI-INFLAMMATORY FOODS TO INCREASE IN YOUR DIET

Vegetables (organic if possible)		Nuts, seeds, oil dressings	Plant proteins
Alfalfa sprouts	Lettuce	Almond	Adzuki bean
Artichoke	Okra	Cashew	Black eyed pea
Avocado	Onion	Hazelnut	Broad Bean
Bok Choy	Parsnip	Pecan	Chickpea
Broccoli	Radish	Pinenut	Kidney bean
Cabbage	Roquette	Walnut	Lentils
Carrots	Sea vegetables	Pumpkin seeds	Lima bean
Celery	Seaweed/kelp	Cold-pressed olive-oil	Peas
Cucumber	Snow peas	Macadamia oil	Pinto bean
Endive	Turnip	Apple cider vinegar	Turtle bean
Green beans	Watercress		
Leek	Zucchini		
Fruits		Spices	
Apple	Persimmon	Anise	Marjoram
Apricot	Pineapples	Basil	Oregano
Banana	Plum	Bay leaf	Parsley
Blueberries	Prunes	Cardamom	Rosemary
Cherries	Raspberries	Celery seed	Saffron
Custard Fruit	Strawberries	Cinnamon	Tarragon
Kiwi		Cumin	Thyme
Mango		Dill	Turmeric
Mulberries		Dry mustard	
Paw Paw		Fennel	
Peaches		Garlic	
Pear		Ginger	



ANTI-INFLAMMATORY FOODS TO INCREASE IN YOUR DIET

Fish	Meat	Unrefined whole grains
Garfish	Organic chicken	Quinoa (all colours)
Gem	Organic lamb	Brown biodynamic rice
Flounder	Organic turkey	Puffed brown rice cereals
Ling	Wild kangaroo	Brown rice breads, pastas, noodles and crackers
Snapper	Wild rabbit	Wholegrain millet pastas and noodles
Mackerel	Wild quail	Buckwheat grain, breads and pancakes
Perch	Wild goat	
Sardine		
Whiting		
Wild barramundi		
Wild salmon		
Wild trout		
All small, non-farmed fish		

INFLAMMATORY FOODS TO EXCLUDE/MINIMISE

Vegetables	Fruits	Nuts & seeds	Sweeteners
Canned vegetables	All citrus fruits	Peanuts	White/brown sugar
Nightshade family	Orange	Pistachios	Honey
Tomato	Lemon	Peanut butter	Maple syrup
Potato	Grapefruit		Corn syrup
Capsicum	Lime		
Eggplant	Grapes		
Red, green and yellow Peppers	Fruit drinks		
	Dried fruit		
	Zucchini		
	Custard fruit		

Spices	Miscellaneous	Fish & meats	Fats
Cayenne pepper	Vinegar	Beef	Margarines
Chilli	Soy sauce	Pork	Butter
Paprika	Chocolate	Processed meat	Shortening
		Eggs	Canola
		Shellfish	Sunflower
		Smoked foods	Grape seed
		Canned fish	Vegetable oil
			Mayonnaise

Grains	Dairy	Beverages
Barley	Milk	Sweetened drinks
Corn	Cheese	Soft drinks
Kamut	Cottage cream	Alcohol
Oates	Ice cream	Coffee
Rye	Yoghurt	Caffeinated tea
Spelt	Frozen yoghurt	
Wheat	Butter	