



the nutrition school

Inflammation

Below is a list of pro-inflammatory foods. Make sure to avoid consuming these foods, as they may cause chronic inflammation, putting you at risk for a multitude of chronic diseases.

INFLAMMATORY FOODS: FOODS TO AVOID

High Sodium Foods

- Canned soups
- Deli meats
- Packaged breads
- Packaged snack foods
- Potato chips
- Processed foods

High Sugar Foods

- Candy
- Cookies
- Fruit juices
- Pastries
- Processed foods
- Sugar sweetened beverages
- Sugar sweetened foods
- White bread
- White rice

Trans Fat Foods

- Commercially baked goods
- Fast food
- Fried foods
- Partially hydrogenated oils (as ingredient)
- Margarine
- Packaged snack foods
- Processed foods
- Vegetable shortening

Inflammation is a major cause of chronic illness. We're just beginning to understand the damage caused by the inflammatory response. Therefore, it's imperative that you consume healthful foods that contain specific powerful nutrients that will help inhibit chronic inflammation and reduce your risk of disease. Following are some of my most recommended foods:

ANTI-INFLAMMATORY NUTRIENTS: FOODS TO EAT

Antioxidants

- Fruits (apples, berries, lemon)
- Legumes (kidney beans, black beans, lentils)
- Nuts (almonds, walnuts, brazil nuts)
- Seeds (flax, chia, sunflower)
- Vegetables (artichokes, spinach, peppers)

Anthocyanins

- Skin of apples
- Skin of berries

Cinnamaldehyde

- Cinnamon

Curcumin

- Turmeric

Omega-3 fatty acids

- Anchovies
- Bluefish
- Chia seeds
- Cod liver
- Flaxseeds
- Flaxseed oil
- Herring
- North Atlantic or Chub Mackerel
- Salmon
- Sardines in sardine oil
- Trout (freshwater)
- Tuna
- Walnuts

Organosulfur compounds

- Garlic
- Onions

Phenolic derivatives

- Honey

Polyphenols

- Dark chocolate (no added sugar; >70% cocoa)
- Red wine
- Tea

Vitamin C

- Broccoli
- Citrus fruits
- Red peppers
- Strawberries
- Tomatoes