

Anti-Inflammatory Dietary Guidelines:

Foods that Reduce Inflammation:

- Tomatoes
- Green Leafy Vegetables
- Whole grains
- Oats
- Olive oil
- Nuts (almonds, walnuts)
- Fatty fish (salmon, tuna, sardines)
- Fruit (berries, cherries, oranges)
- Avocado
- Green tea

Foods that Cause Inflammation:

- Fried foods
- High sugar foods and beverages
- Artificial sweeteners
- Refined Grains (white bread, rice)
- Processed meats (hot dogs, bacon, salami, sausage)

Fat in our diets: Where should it come from?

Avoid/Limit:

- ✓ Saturated to <7% total daily kcals (foods such as animal meat, butter, cream, eggs, lard, cheese, baked goods, coconut oil, palm oil)
- ✓ Trans fat: aim for liquid, low- fat or whipped spreads instead of butter or stick margarine (avoid packaged foods, cookies, doughnuts, potato chips, fried foods)

- ✓ Cholesterol intake to less than 200 mg/day: avoid egg yolks, fatty meats, whole milk and cheese and shrimp, which are high in cholesterol
- ✓ Total amount of fat to 25-30% of daily calories (about 50g/day) with emphasis placed on unsaturated fats such as nuts, avocado, egg whites, olive oil, vegetable oil spreads, salmon, tuna

Stick to Healthy Fats:

- ✓ Monounsaturated Fats- peanuts, walnuts, pistachios, hazelnuts, avocado, olive oil, sesame seeds
- ✓ Polyunsaturated Fats- soybean oil, corn oil, sunflower oil, fatty fish
- ✓ Omega-3 Fats- salmon, tuna, sardines, trout, herring, anchovies; also in fortified foods such as eggs and yogurt, flaxseed, walnuts, soybeans, wheat germ, canola oil
- ✓ Omega-6 Fats- safflower oil, sesame seeds, pumpkin seeds, grape seed oil