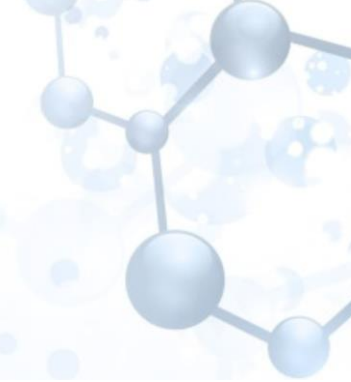


Anti-inflammatory Diet and Lifestyle Suggestions



	FOODS TO INCREASE	RATIONALE
Herbs and spices	Celery seeds, chamomile, cinnamon, fennel, garlic, ginger, rosemary, turmeric, olive oil	Anti-inflammatory phytochemicals
Nuts and seeds	Almonds, brazil nuts, cashews, pine nuts, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, walnuts	High in nutrients such as minerals, vitamin E, alpha-linolenic acid, antioxidants and fiber shown to be anti-inflammatory
Grains and legumes	Chickpeas, legumes, soy, gluten free grains such as quinoa, millet, buckwheat, brown rice	Vegetarian diets, soy and gluten free diets shown to reduce inflammation
Fruits	Avocado, blackberries, blueberries, cherries, cranberries, grapes, oranges, raspberries, strawberries	Antioxidant and anti-inflammatory phytochemicals
Meat, poultry, fish and dairy	Dairy (if not intolerant), deep-sea fish	Dairy can decrease inflammation (if not intolerant), deep sea fish higher in omega 3, shown to reduce inflammation
Vegetables	Beetroot, broccoli, Brussel sprouts, cabbage, capsicum, cauliflower, celery, garlic, kale, spinach, tomatoes	Anti-inflammatory (check for nightshade sensitivities using Elimination and Re-challenge Program if indicated)
Beverages	Chamomile tea, fennel tea, ginger tea, green tea, water	Anti-inflammatory
Lifestyle	Acupuncture, regular aerobic and weight bearing exercise, relaxation techniques such as mindfulness meditation, cognitive-Behavioural therapy, support groups, visualizations, progressive muscle relaxation, tai chi, and yoga. Limit alcohol to equiv. <1 drink daily	Anti-inflammatory, may reduce symptoms of pain and alleviate concurrent depression/anxiety, as well as improve coping skills, sleep, and overall sense of wellbeing.

