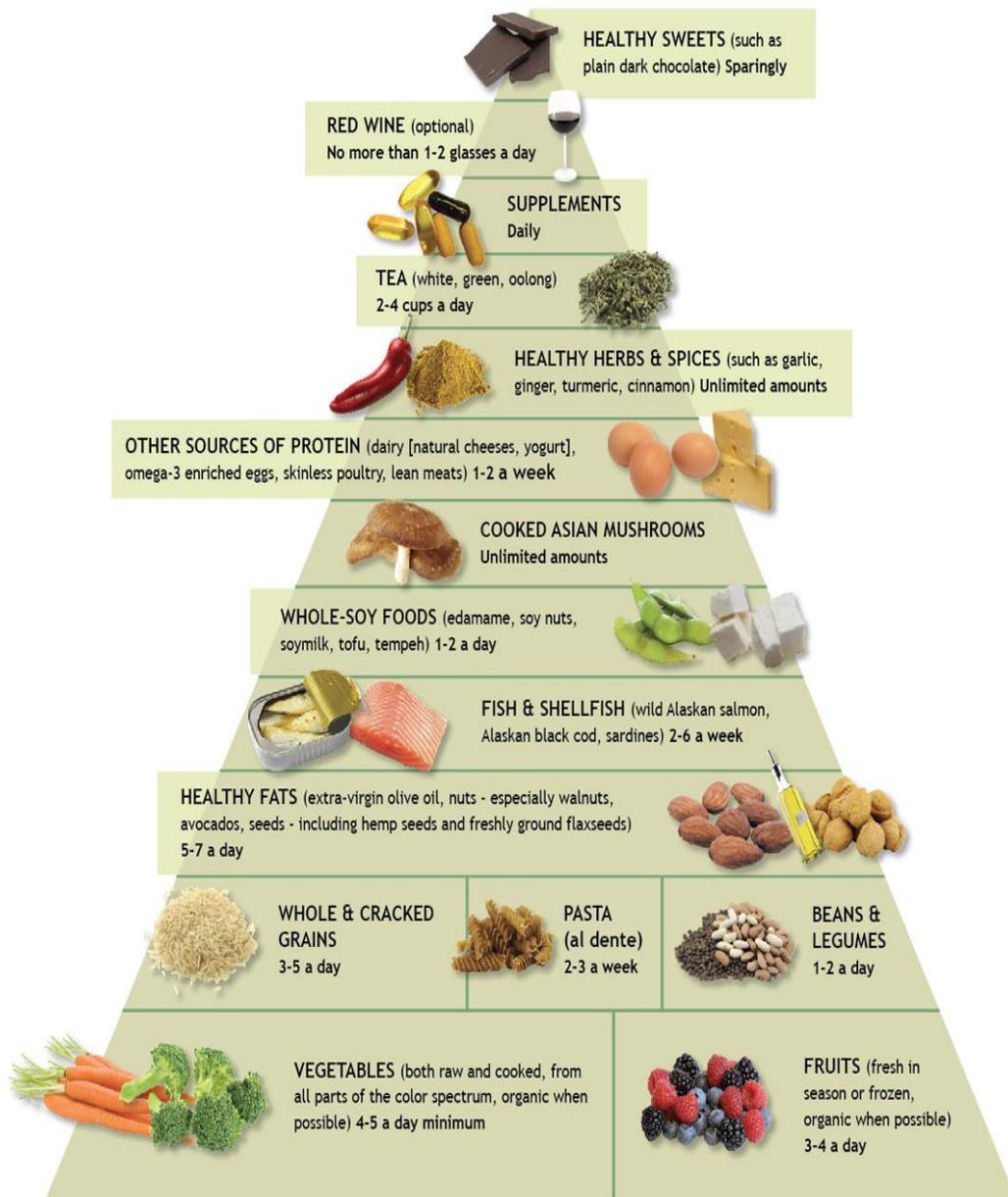


Anti-Inflammatory Food Pyramid

Based on scientific knowledge this food pyramid is to be used as a way of selecting and preparing anti-inflammatory foods. It should not be intended as a weight loss program but rather a way for your body to maintain superlative health by providing continuous energy and abundant vitamins, minerals, essential fatty acids, dietary fiber, and protective phytonutrients.



It is becoming increasingly clear that chronic inflammation is the root cause of many serious illnesses – including heart disease, many cancers, and Alzheimer’s disease. We all know inflammation on the surface of the body as local redness, heat, swelling and pain. It is the cornerstone of the body’s healing response, bringing more nourishment and more immune activity to a site of injury or infection. But when inflammation persists or serves no purpose, it damages the body and causes illness. Stress, lack of exercise, genetic predisposition, and exposure to toxins (like secondhand tobacco smoke) can all contribute to such chronic inflammation, but dietary choices play a big role as well. Learning how specific foods influence the inflammatory process is the best strategy for containing it and reducing long-term disease risks.

General Anti-Inflammatory Diet Tips:

- Aim for variety.
- Include as much fresh food as possible.
- Minimize your consumption of processed foods and fast food.
- Eat an abundance of fruits and vegetables.

Caloric Intake

- Most adults need to consume between 2,000 and 3,000 calories a day.
- Women and smaller and less active people need fewer calories.
- Men and bigger and more active people need more calories.
- If you are eating the appropriate number of calories for your level of activity, your weight should not fluctuate greatly.
- The distribution of calories you take in should be as follows: 40 to 50 percent from carbohydrates, 30 percent from fat, and 20 to 30 percent from protein.
- Try to include carbohydrates, fat, and protein at each meal.

Here are 16 top sources for the Anti-Inflammatory Diet:

HEALTHY SWEETS

How much: Sparingly

Healthy choices: Unsweetened dried fruit, dark chocolate, fruit sorbet

Why: Dark chocolate provides polyphenols with antioxidant activity. Choose dark chocolate with at least 70 percent pure cacao and have an ounce a few times a week. Fruit sorbet is a better option than other frozen desserts. Avoid products made with high fructose corn syrup.

RED WINE

How much: Optional, no more than 1 to 2 glasses per day

Healthy choices: Organic red wine

Why: Red wine has beneficial antioxidant activity. Limit intake to no more than 1 to 2 servings per day. If you do not drink alcohol, do not start.

SUPPLEMENTS

How much: Daily

Healthy choices: High quality multivitamin/multimineral that includes key antioxidants (vitamin C, vitamin E, mixed carotenoids, and selenium); coenzyme Q10; 2 to 3 grams of a molecularly distilled fish oil; 2,000 IU of vitamin D3. It should contain no iron (unless you are a female and having regular menstrual periods) and no preformed Vitamin A (retinol). Women should take supplemental Calcium, preferably as calcium citrate, 500-700 milligrams a day. Men should avoid supplemental calcium.

Why: Supplements help fill gaps in your diet when you are unable to get your daily requirement of micronutrients.

TEA

How much: 2 to 4 cups per day

Healthy choices: White, green, oolong teas

Why: Tea is rich in catechins, antioxidant compounds that reduce inflammation. Purchase high-quality tea and learn how to brew it correctly for maximum taste and health benefits.

HEALTHY HERBS AND SPICES

How much: Unlimited amounts

Healthy choices: Turmeric, curry powder (which contains turmeric), ginger and garlic (dried and fresh), chili peppers, basil, cinnamon, rosemary, thyme. If you are not regularly eating ginger and turmeric, consider taking these in supplemental form.

Why: Use these herbs and spices generously to season foods. Turmeric and ginger are powerful natural anti-inflammatory agents.

OTHER SOURCES OF PROTEIN

How much: 1 to 2 servings a week (one portion is equal to 1 ounce of cheese, one 8-ounce serving of dairy, 1 egg, or 3 ounces cooked poultry or skinless meat)

Healthy choices: High-quality natural cheese and yogurt, organic, omega-3 enriched eggs, skinless poultry, grass-finished lean meats. Eat more vegetable protein, especially from beans in general and soybeans in particular. Become familiar with the range of whole – soy foods available and find ones you like.

Why: In general, try to reduce consumption of animal foods. If you eat chicken, choose organic, cage-free chicken and remove the skin and associated fat. Use organic dairy products moderately, primarily yogurt and natural cheeses such as Emmental (Swiss), Jarlsberg, and true Parmesan. If you eat eggs, choose omega-3-enriched eggs (from hens that are fed a flax-meal-enriched diet) or organic eggs from free-range chickens.

COOKED ASIAN MUSHROOMS

How much: Unlimited amounts

Healthy choices: Shiitake, enokitake, maitake, oyster mushrooms (and wild mushrooms if available)

Why: These mushrooms contain compounds that enhance immune function. Never eat mushrooms raw and minimize consumption of common commercial button mushrooms (including cremini and Portobello).

WHOLE-SOY FOODS

How much: 1 to 2 servings per day (one serving is equal to ½ cup tofu or tempeh, 1 cup soy milk, ½ cup cooked edamame, or 1 ounce of soynuts)

Healthy choices: Tofu, tempeh, edamame, soynuts, soymilk

Why: Soy foods contain isoflavones that have antioxidant activity and are protective against cancer. Choose whole-soy foods over fractionated foods like isolated soy-protein powders and imitation meats made with soy isolate.

FISH AND SHELLFISH

How much: 2 to 6 servings per week (one serving is equal to 4 ounces of fish or seafood)

Healthy choices: Wild Alaskan salmon (especially sockeye), herring, sardines, and black cod (sablefish)

Why: These fish are rich in omega-3 fats, which are strongly anti-inflammatory. If you choose not to eat fish, take a molecularly distilled fish-oil supplement that provides both EPA and DHA in a dose of 2 to 3 grams per day.

HEALTHY FATS

How much: 5 to 7 servings per day (one serving is equal to 1 teaspoon of oil, 2 walnuts, 1 tablespoon of flaxseed, 1 ounce of avocado)

Healthy choices: For cooking, use extra-virgin olive oil and expeller-pressed grapeseed oil. Other sources of healthy fats include nuts (especially walnuts), avocados, and seeds, including hemp seeds and freshly ground flaxseed. Omega-3 fats are also found in cold-water fish, omega-3 enriched eggs, and whole-soy foods. Organic, expeller-pressed versions of high-oleic sunflower or safflower oils may also be used (avoid regular safflower and sunflower oils, corn oil, cottonseed oil, and mixed vegetable oils). Walnut and hazelnut oils in salads and dark roasted sesame oil as a flavoring for soups and stir-fries may be used. Strictly avoid margarine, vegetable shortening, and all products listing them as ingredients. Also avoid all products made with partially hydrogenated oils of any kind.

Why: Healthy fats are those rich in either monounsaturated or omega-3 fats. Extra-virgin olive oil is rich in polyphenols with antioxidant activity.

WHOLE AND CRACKED GRAINS

How much: 3 to 5 servings a day (one serving is equal to about ½ cup of cooked grains)

Healthy choices: Brown rice, basmati rice, wild rice, buckwheat groats, barley, quinoa, steel-cut oats, and bulgur wheat. Reduce your consumption of foods made with wheat flour and sugar, especially bread and most packaged snack foods (including chips and pretzels).

Why: Whole grains digest slowly, reducing frequency of spikes in blood sugar that promote inflammation. *Whole grains* means grains that are intact or in a few large pieces, not whole-wheat bread or other products made from flour.

PASTA (AL DENTE)

How much: 2 to 3 servings per week (one serving is equal to about ½ cup cooked pasta)

Healthy choices: Organic pasta, rice noodles, bean-thread noodles, and part whole-wheat and buckwheat noodles like Japanese udon and soba

Why: Pasta cooked al dente (when it has “tooth” to it) has a lower glycemic index than fully cooked pasta. Low-glycemic-load carbohydrates should be the bulk of your carbohydrate intake to help minimize spikes in blood glucose levels.

BEANS AND LEGUMES

How much: 1 to 2 servings per day (one serving is equal to ½ cup of cooked beans or legumes)

Healthy choices: Beans like Anasazi, adzuki and black, as well as chickpeas, black-eyed peas, and lentils

Why: Beans are rich in folic acid, magnesium, potassium and soluble fiber. They are a low-glycemic-load food. Eat them well cooked either whole or pureed into spreads like hummus.

VEGETABLES

How much: 4 to 5 servings per day minimum (one serving is equal to 2 cups salad greens or ½ cup vegetables cooked, raw, or juiced)

Healthy choices: Lightly cooked dark leafy greens (spinach, collard greens, kale, Swiss chard), cruciferous vegetables (broccoli, cabbage, Brussels sprouts, kale, bok choy and cauliflower), carrots, beets, onions, peas, squash, sea vegetables and washed raw salad greens

Why: Vegetables are rich in flavonoids and carotenoids with both antioxidant and anti-inflammatory activity. Go for a wide range of colors, eat them both raw and cooked, and choose organic when possible. To get maximum natural protection against age-related diseases (including cardiovascular disease, cancer, and neurodegenerative disease) as well as environmental toxicity, eat a variety of fruits, vegetables, and mushrooms.

FRUITS

How much: 3 to 4 servings per day (one serving is equal to 1 medium-size piece of fruit, ½ cup chopped fruit, ½ cup of dried fruit)

Healthy choices: Raspberries, blueberries, strawberries, peaches, nectarines, oranges, pink grapefruit, red grapes, plums, pomegranates, blackberries, cherries, apples, and pears – all lower in glycemic load than most tropical fruits. Tomatoes, orange and yellow fruits, and dark leafy greens.

Why: Fruits are rich in flavonoids and carotenoids with both antioxidant and anti-inflammatory activity. Go for a wide range of colors, choose fruit that is fresh in season or frozen, and buy organic when possible.

WATER

How much: Throughout the day

Healthy choices: Drink pure water, or drinks that are mostly water (tea, very diluted fruit juice, sparkling water with lemon) throughout the day. Use bottled water or get a home water purifier if your tap water tastes like chlorine or other contaminants, or if you live in an area where the water is known or suspected to be contaminated.

Why: Water is vital for overall functioning of the body.