



## Nutrition Fact Sheet

### Pro & Anti-Inflammatory Foods

#### Anti-Inflammatory Foods

<b>Fats and Oils</b>	<p>Omega 3 rich foods such as wild salmon, sardines, herring, anchovies, flaxseed, hempseeds, chia seeds, walnuts, almonds, brazil nuts, macadamia, cashews, avocados</p> <p>Algae can be a source of omega 3 for vegans</p> <p>Seed and nut oils – all oils MUST be cold pressed</p> <p>Avocado oil, extra virgin olive oil, coconut oil are all good</p>
<b>Fruit and Vegetables</b>	<p>Eat plenty of fresh, whole fruit and vegetables – particularly leafy greens, all the cruciferous vegetables, beans, onion, peppers. Root vegetables are sweeter so don't overdo these. Potatoes don't count, but sweet potatoes do!</p> <p>Don't forget veggie sprouts.</p> <p>Sea vegetables such as dulse, kelp, nori</p> <p>Dried fruits can be high in sugar, so beware.</p> <p>Vegetables – peppers, bok choy, broccoli, brussels sprouts, cabbage, cauliflower, chard, collard greens, fennel bulbs, garlic, green beans, spring onions, kale, leeks, olives, spinach, sweet potatoes</p> <p>Fruits – acerola cherries, apples, avocados, blackcurrants, blueberries, pineapple, guava, kiwi, kumquats, lemons, limes, mulberries, oranges, papaya, raspberries, rhubarb, strawberries, tomatoes,</p>
<b>Protein</b>	<p>Ensure good quality, lean meat wherever possible.</p> <p>Organic eggs have a better fatty acid profile than farmed eggs.</p> <p>Shitake mushrooms</p>
<b>Herbs and Spices</b>	<p>Turmeric, garlic, cayenne, ginger, basil, chilli, cinnamon, cloves, licorice, oregano, mint, parsley, rosemary, thyme</p>
<b>Drinks</b>	<p>Green tea, vegetable juices</p>
<b>Nuts &amp; Seeds</b>	<p>Almonds, flaxseeds, hazelnuts, sunflower seed, walnuts</p>
<b>Fish</b>	<p>Cod, herring, halibut, oysters, rainbow trout, salmon, sardines, snapper fish, sea bass, tuna, whitefish</p>
<b>Anti-Inflammatory Supplements</b>	<p>MSM, Devil's Claw, Vitamin C, Vitamin E, GLA, EPA, bromelain, astaxanthin, flavinoids, Turmeric, Boswellia, nettle leaf extract, white willow bark</p>

#### Pro-Inflammatory Foods

- Sugar
- Margarines and spreads
- Refined and processed foods
- Alcohol
- Trans fats and polyunsaturated fats
- Food additives
- Fried, chargrilled or barbecued foods
- Common cooking oils