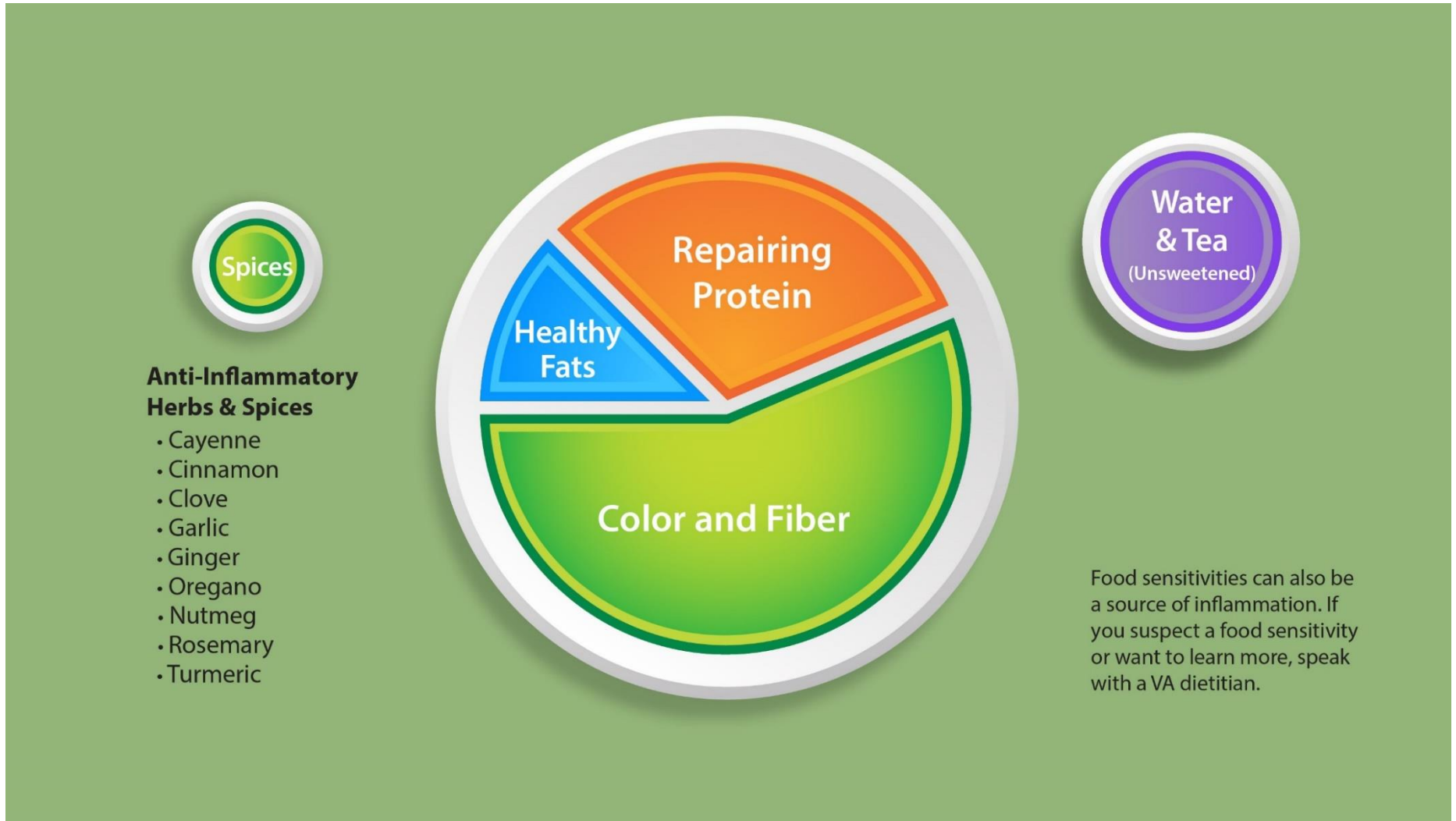


# Anti-Inflammatory Meal Planning: Plan Your Plate



Choose these foods **MORE** often to decrease inflammation.

Color and Fiber			Healthy Fats	Healing Proteins
<b>Vegetables</b> <ul style="list-style-type: none"> <li>• Alliums/Onions</li> <li>• Cruciferous veggies</li> <li>• Dark leafy greens</li> <li>• Fermented veggies</li> <li>• Mushrooms</li> <li>• Peppers</li> <li>• Root vegetables</li> <li>• Seaweed</li> <li>• Summer squash</li> </ul>	<b>Whole Grains</b> <ul style="list-style-type: none"> <li>• Amaranth</li> <li>• Barley</li> <li>• Brown rice</li> <li>• Buckwheat</li> <li>• Bulgur</li> <li>• Millet</li> <li>• Oats</li> <li>• Quinoa</li> <li>• Sorghum</li> <li>• Wheat berries</li> <li>• Wild rice</li> </ul>	<b>Spices</b> <ul style="list-style-type: none"> <li>• Allspice</li> <li>• Black pepper</li> <li>• Cinnamon</li> <li>• Clove</li> <li>• Cumin</li> <li>• Curry</li> <li>• Garlic</li> <li>• Ginger</li> <li>• Mustard</li> <li>• Nutmeg</li> <li>• Paprika</li> <li>• Saffron</li> <li>• Turmeric</li> </ul>	<b>Nuts</b> <ul style="list-style-type: none"> <li>• Almonds</li> <li>• Brazil nuts</li> <li>• Cashews</li> <li>• Hazelnuts/Filberts</li> <li>• Macadamia nuts</li> <li>• Pecans</li> <li>• Pine nuts</li> <li>• Walnuts</li> </ul>	<b>Anti-Inflammatory Proteins</b> <ul style="list-style-type: none"> <li>• Cold water fatty fish                             <ul style="list-style-type: none"> <li>○ Halibut</li> <li>○ Herring</li> <li>○ Mackerel</li> <li>○ Rainbow trout</li> <li>○ Salmon</li> <li>○ Sardines</li> <li>○ Tuna</li> </ul> </li> <li>• Beans/legumes</li> <li>• Nuts/nut butters</li> <li>• Seeds/seed butters                             <ul style="list-style-type: none"> <li>○ Whole soy</li> <li>○ Edamame</li> <li>○ Tofu</li> <li>○ Tempeh</li> <li>○ Natto</li> </ul> </li> </ul>
<b>Fruits</b> <ul style="list-style-type: none"> <li>• Apples</li> <li>• Bananas</li> <li>• Berries</li> <li>• Citrus</li> <li>• Cherries</li> <li>• Grapes</li> <li>• Mangoes</li> <li>• Melons</li> <li>• Papayas</li> <li>• Pineapples</li> <li>• Peaches/plums</li> <li>• Pomegranates</li> <li>• Watermelon</li> </ul>	<b>Legumes</b> <ul style="list-style-type: none"> <li>• Black beans</li> <li>• Black eyed Peas</li> <li>• Garbanzo beans</li> <li>• Lentils</li> <li>• Navy beans</li> <li>• Pinto beans</li> <li>• Peas</li> </ul>	<b>Herbs</b> <ul style="list-style-type: none"> <li>• Basil</li> <li>• Chives</li> <li>• Cilantro</li> <li>• Dill</li> <li>• Mint</li> <li>• Oregano</li> <li>• Parsley</li> <li>• Rosemary</li> <li>• Sage</li> <li>• Thyme</li> </ul>	<b>Seeds</b> <ul style="list-style-type: none"> <li>• Chia</li> <li>• Flax (ground)</li> <li>• Hemp</li> <li>• Pumpkin</li> <li>• Sunflower</li> </ul>	<b>Neutral Proteins</b> <ul style="list-style-type: none"> <li>• Chicken</li> <li>• Eggs</li> <li>• Turkey</li> <li>• Seafood</li> <li>• Wild game</li> <li>• Fermented dairy                             <ul style="list-style-type: none"> <li>○ Kefir (unsweet)</li> <li>○ Yogurt (unsweet)</li> </ul> </li> </ul>
	<b>Starchy Vegetables</b> <ul style="list-style-type: none"> <li>• Corn</li> <li>• Peas</li> <li>• Potatoes</li> <li>• Sweet potatoes</li> <li>• Winter squash</li> </ul>		<b>Unrefined Oils</b> <ul style="list-style-type: none"> <li>• Avocado oil</li> <li>• Coconut oil</li> <li>• Extra virgin olive oil</li> <li>• Flax oil (no heat)</li> <li>• Hemp oil (no heat)</li> <li>• Walnut oil</li> </ul>	
			<b>Other Healthy Fats</b> <ul style="list-style-type: none"> <li>• Avocados</li> <li>• Olives</li> </ul>	

Choose these foods LESS often. They can contribute to more inflammation.

Hydrogenated/ Trans Fat	Excess and Added Sugar	Food Additives	Sweeteners	Processed Meats
<p><i>Check food labels for “partially hydrogenated oil” listed in the ingredients list. It may be found in:</i></p> <ul style="list-style-type: none"> <li>• Fried foods</li> <li>• High fat sauces</li> <li>• Creamy dressings</li> <li>• Baked goods</li> <li>• Crackers</li> <li>• Packaged snacks</li> <li>• Fast food</li> <li>• Peanut butter</li> <li>• Margarine</li> <li>• Shortening</li> </ul> <p><i>Partially hydrogenated oils have been banned by the FDA and will be eliminated from food distribution by January 1, 2021</i></p>	<p><b>Sweet Beverages</b></p> <ul style="list-style-type: none"> <li>• Sports drinks</li> <li>• Soda/pop</li> <li>• Energy drinks</li> <li>• Juice</li> <li>• Sweet coffee drinks</li> </ul> <p><b>Sweets, desserts, and candy</b></p> <p><b>Added Sugar:</b></p> <ul style="list-style-type: none"> <li>• Agave nectar</li> <li>• Beet sugar</li> <li>• Brown sugar</li> <li>• Confectioners’ sugar (powdered sugar)</li> <li>• Corn syrup</li> <li>• Cane sugar</li> <li>• High fructose corn syrup (HFCS)</li> <li>• Honey</li> <li>• Maple syrup</li> <li>• Molasses</li> <li>• Organic, raw sugar</li> </ul> <p>1 teaspoon sugar= 4 grams of sugar</p>	<p><b>Additives</b></p> <ul style="list-style-type: none"> <li>• Artificial flavors</li> <li>• Artificial colors</li> <li>• BHA</li> <li>• BHT</li> <li>• MSG</li> <li>• Nitrates/Nitrites</li> <li>• Polysorbate 80</li> <li>• Added phosphates</li> <li>• Soy protein isolate</li> </ul> <p><b>Examples of foods that contain these:</b></p> <ul style="list-style-type: none"> <li>• Ready-to-eat meals (TV dinners)</li> <li>• Chips</li> <li>• Packaged cookies</li> <li>• Packaged crackers</li> </ul> <p>Start reading the ingredients label on any food you buy in a can, bag, box, or package. Look for these food additives!</p>	<p><b>Artificial Sweeteners</b> (Avoid)</p> <ul style="list-style-type: none"> <li>• Acesulfame K (Ace K, Sweet One)</li> <li>• Aspartame (Equal, NutraSweet)</li> <li>• Saccharin (Sweet N’ Low)</li> <li>• Sucralose (Splenda)</li> </ul> <p><b>Sugar Alcohols</b> (Use with caution)</p> <ul style="list-style-type: none"> <li>• Erythritol</li> <li>• Maltitol</li> <li>• Mannitol</li> <li>• Sorbitol</li> <li>• Xylitol</li> </ul> <p>Natural Sweeteners (Use sparingly)</p> <ul style="list-style-type: none"> <li>• Monk fruit</li> <li>• Stevia</li> </ul>	<ul style="list-style-type: none"> <li>• Bacon</li> <li>• Bologna</li> <li>• Bratwurst</li> <li>• Corned beef</li> <li>• Deli meat</li> <li>• Ham</li> <li>• Pepperoni</li> <li>• Hot dogs</li> <li>• Salami</li> <li>• Sausage</li> <li>• Spam</li> </ul>