

Anti-inflammatory Diets

FATS:

Eliminate all fats which cause inflammation (trans fats):

Margarine

Vegetable shortening(Crisco)

Partially Hydrogenated Vegetable Oil Fried foods -
especially in restaurants

Rancid smelling oils or nuts

Minimize or reduce:

Polyunsaturated vegetable oils (safflower, sunflower, corn,
sesame and soy)

Saturated fat (butter, cheese, cream and other full fat dairy
products, un skinned chicken, fatty meats, products made
with coconut and palm kernel oils)

Use: Extra-virgin olive oil or expeller-pressed organic canola
oil are best High-oleic sunflower and safflower oils are OK
Avocados, nuts and nut butters (especially walnuts, cashews
and almonds)

Omega 3 fatty acids: Salmon (fresh or frozen wild or
canned), sardines packed in water or olive oil, herring, black
cod, omega 3 fortified eggs, hemp seeds, flaxseeds, walnuts
or a fish oil or flax seed oil supplement.

PROTEIN:

80-120 grams per day is a guideline.

Use a variety of sources including vegetable protein in beans, (including soybeans). Make sure nuts are not rancid. Eat less protein if you have liver or kidney problems, allergies, autoimmune disease or osteoporosis.

FIBER:

40 grams per day is a good goal.

Good sources include berries, fruit, vegetables, beans and whole grains. Water soluble fiber such as oat bran is much more effective than wheat bran.

MICRONUTRIENTS (MINERALS AND VITAMINS)

Choose fruits and vegetables of all colors: 5-7 servings per day. Choose organic produce when possible.

Cruciferous vegetables (cabbage, broccoli, Brussel sprouts) may have some detoxifying capability.

G. Eberharter M.D. ©