



# Anti-Inflammatory, Low-Glycemic (Low/Slow Carb) Nutrition Plan

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## **Focus**

Reduce inflammation, lower blood sugar, increase detox, balance hormones

## **Anti-Inflammatory Diet Info & Resources:**

With so much information available, figuring out what to eat can be overwhelming. This is the basic approach to an anti-inflammatory way of eating. Food is medicine: use the FARMacy, not the pharmacy!

First and foremost, focus on eating a whole-foods, low-sugar, nutrient dense diet. Eat and make meals from whole foods instead of anything packaged or anything using flour.

This is more of a focus on WHAT you are eating, not on specifically how much. I encourage you to think about this as a lifestyle change that can serve you through many stages of life, not as a quick fix diet. These changes you are looking to make can be sustainable as your everyday way of eating and supporting your health.

## **Eliminate or reduce:**

- Sugar
- Processed foods
- Fried foods
- Dairy
- Chemicals, additives and preservatives
- Industrial oils used in processed foods, margarine
- Processed meat (nitrites and nitrates)
- Processed flours or any grain flour, including corn (nut flours and coconut flour are ok)
- Gluten (this is individual, but gluten has other negative health effects beyond sugar and inflammation. If you eliminate and reduce the list above, it will significantly reduce a majority of gluten.)

- Keep to a minimum: natural sugars such as honey, maple syrup, coconut sugar

### **Focus On:**

- Proteins: high omega-3 and fatty fish, wild-caught fish, organic or grass-fed meat and plant-based proteins
- Good fats: avocado, nuts and nut butters, seeds, high quality olive oil and avocado oil (fats help with sugar cravings too!)
- LOTS of non-starchy vegetables
- Small amounts of starchy vegetable, beans, legumes, whole grains
- Fiber (~30-40 grams per day, work up gradually so as not to tax the GI system too quickly)
- Top anti-inflammatory foods: Ginger, Turmeric, Bone Broth, Chilis, Rosemary, Berries, Leafy Greens, Wild Caught Salmon and SMASH fish, foods high in Omega 3s, garlic, cruciferous vegetables, nuts, avocados, high quality extra virgin olive oil, chia seeds, fruits and vegetables in general.

### **A great meal:**

Build every meal on this simple equation:

### **PROTEIN + GOOD FAT + FIBER + COLORFUL, NON-STARCHY VEGETABLES**

>>Shoot for 1/2 your plate as non-starchy vegetables with a variety of color (the antioxidants and polyphenols are anti-inflammatory!)

>>Add smaller amounts of beans, legumes, starchy vegetables and whole grains.

### **Additional Tips:**

It's ok to keep your meals simple.

Read labels! If something doesn't have a label, all the better.

Buy Organic as much as possible

Meal prep to have foods on hand to use in different ways

Look at rainbow/colorful foods lists for inspiration

Plan out at least a few meals for the week

Make extra when you are cooking anyway. For example, make extra dinner to have for lunch the next day or roast extra veggies to spread throughout the week.

Whole 30 recipes are great!

If having sugar cravings, increase your good fats or eat a little extra fruit.

Cruciferous Vegetables help detox (broccoli, cauliflower, bok choy, cabbage, kale, brussels sprouts)

Excess weight does increase inflammation (visceral fat is inflammatory), so you lose weight you will also decrease your inflammation!

Please also see Dr. Gail's Anti-Inflammatory page on her website: [https://www.fimmccall.com/wp-content/uploads/2018/02/Anti-inflammatory\\_Diets.pdf](https://www.fimmccall.com/wp-content/uploads/2018/02/Anti-inflammatory_Diets.pdf)