

Adhere to an Anti-Inflammatory Diet: www.deflame.com / www.anaboliclabs.com

Anti-inflammatory Grocery List; Foods to Eat

This list is not all-inclusive, but does represent the most readily available, and affordable, anti-inflammatory foods.

Vegetables

(Eat in abundance)

Asparagus
Beets
Broccoli
Brussel sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Greens
(collard/mustard)
Kale
Lettuce (any kind)
Peas
Peppers
Potatoes, red (*Limit*)
(Eat with a protein source)
Pumpkin
Squash
String beans
Sweet potatoes
Turnips
Yams
Zucchini

Fruits

Apple
Apricot
Avocado
Bananas
Berries
Cantaloupe
Cherry
Kiwifruit
Lemon
Lime
Mangosteen
Melons
Oranges
Papaya
Peach
Pear
Pineapple
Plum

Prune

Grains (*Limit or Avoid, eat with a protein source*)

Basmati rice
Brown rice
Buckwheat
Millet
Oatmeal
Quinoa
Wild rice

Seafood (*Opt for wild caught, not farm raised*)

Anchovies
Cod
Flounder
Mackerel
Oysters
Salmon
Trout
Tuna

Meats

Beef (*Lean cuts*)
Buffalo/Bison
Lamb
Chicken
Turkey
Wild game (deer, elk, moose, etc...)

Beans and legumes

Black beans
Fermented soybeans
Garbanzo beans
Green beans
Kidney beans
Lentils
Pinto beans
Split peas

Seeds and Nuts

Walnuts
Almonds

Sunflower seeds
Flaxseed

Dairy and eggs

Almond milk
Rice milk
Organic cow's milk
Omega-3 fortified eggs

Spices and herbs

Use any and enjoy!

Sweeteners

Pure maple syrup
Raw honey
Stevia
Vanilla

Oils and fats

Butter
Extra virgin olive oil
Coconut oil
Flax oil
Fish oil

Beverages

Water
Herbal teas

** Eat organic when possible.*

*** Grass-fed, wild caught meats are preferable to grain-fed, farm raised meats.*
**** Wash fruits and vegetables thoroughly*

Antiinflammatory Supplements

Ashwagandha
225-1000 mg/day

Astaxanthin 4-12 mg/day

Avacado/Soybean Unsaponifiables (ASU)
300 mg/day

Boswellia
300-400 mg/day

Bromelain
400-600 mg/day

Celedrin
Follow manufacturer's recommendations.

Fish oil
2-6 g epa/dha /day

Ginger
250 mg/day

Mangosteen (Garcinia mangostana)
Follow manufacturer's recommendations.

SAmE
400 – 1200 mg/day

Turmeric
***(Curcumin)**
1200 – 2000 mg/day

**Glucosamine and chondroitin sulphate
1500 / 1200 mg/day

The recommended dosages listed for each supplement are based off of clinical research studies. However, the FDA does not regulate supplements; Daily Values have not been established. When in doubt, take the dose as recommended by the manufacturer. Be sure to read the instructions carefully. It may recommend you take the supplements with food, or on an empty stomach.

If you have a medical condition or you are taking medications, consult with your prescribing doctor before taking supplements.

** Curcumin is the active component of Turmeric. Supplements may be labeled as either Turmeric or Curcumin. Our dose recommendations are that of Curcumin, so read labels carefully.*

***Glucosamine/Chondroitin demonstrates mild anti-inflammatory effects. It has been shown in research to inhibit the degradation of cartilage associated with osteoarthritis. Do not take if allergic to shellfish.*

Foods to Avoid

Refined Flours and Grains

Refined flours and grains are rapidly broken down into sugars in the body and do not contribute to fiber in the diet. Avoid white flour, white rice, refined pastas and gravies. They tend to be highly processed, low in nutrients, and high in calories. Refined grains increase inflammation in the body.

Foods High in Omega-6 Fatty Acids

Increased consumption of foods containing Omega-6 fatty acid has been linked to increased rates of heart disease, cancer, obesity, depression, insulin resistance, allergies and other autoimmune diseases. Oils to avoid include: corn, safflower, sunflower, cottonseed, sesame, grapeseed, borage and primrose oils.

Refined Sugars

Refined sugars quickly raise blood sugar levels, causing large amounts of insulin to be released. Insulin causes blood sugar to drop rapidly, producing hypoglycemia, which leads to cravings for more sugar. These large rises and falls in blood sugar lead to insulin resistance. This means your body's insulin doesn't work as it should. When your insulin stops working properly, blood sugar (glucose) remains in the blood stream. This leads to metabolic syndrome, pre-diabetes, and/or full blown diabetes (type II is most common). Refined sugars are in sodas, fruit drinks, sweetened beverages, cereals and almost all processed/junk foods. Look for sucrose, glucose, high fructose corn syrup, and dextrose on food labels. Avoiding these foods altogether is a good idea.

Artificial Sweeteners

Acesulfame, Aspartame (Equal) (NutraSweet), Saccharin, Sucralose (Splenda). Artificial sweeteners are chemicals, not food. Side effects include: blurred vision, gastrointestinal problems, seizures, dizziness, migraines, blood sugar increases and weight gain.

Foods with Trans-Fat

Trans-fats are added to foods to increase shelf life and retain flavor in foods. Avoid Trans-fats and any hydrogenated oils when possible. They raise bad cholesterol and lower good cholesterol, increasing your risk for cardiovascular disease. Margarine, frostings, toppings, soup mixes, pre-packaged frozen foods, fast foods, commercial baked goods, snack foods, cereal bars, dips and salad dressings all usually contain Trans-fats.

Foods with Added Sodium

This includes nearly all processed food in which sodium is used as a preservative: canned foods, instant soups, cured meats (bacon, sausage, ham, hot dogs, and lunch meats), chips and crackers. Many processed foods have sodium preservatives such as sodium nitrate and nitrite, which should be avoided. Excess sodium is a common cause of high blood pressure.

Unwashed Fruits and Vegetables

Fruits and vegetables contain pesticides and waxes. You should thoroughly wash them before eating. Visit www.ewg.org/foodnews/ to see which foods are best bought organic and which foods have lower pesticide levels.