



## What is an anti-inflammatory Diet?

By way of introduction, inflammation when we are injured is necessary. It is our body's way of repairing itself. We need to be able to create inflammation when our body is in need of repair. Unfortunately, we have set ourselves up to be in a chronic state of inflammation. Why? Because the typical American eats highly processed foods and highly processed foods are inflammatory in nature.

Chronic anything is not good for us. We know that there are health risks associated with being chronically dehydrated, constipated, and overweight. The same holds true for being in a chronic state of inflammation; it is believed to accelerate aging. All of the following have been considered diseases of aging and are now associated with consumption of an inflammatory diet:

- Heart disease
- Cancer
- Diabetes
- Alzheimer's
- Allergies
- Asthma
- Etc.

The GOOD NEWS is that this is very easy to change and is only a matter of getting in the know. Very simply, there are foods to avoid (pro-inflammatory) and foods to consume (anti-inflammatory). Importantly, READ FOOD LABELS. Inflammatory food products are lurking in what appear to be even the healthiest packaged foods. SIMPLE RULE OF THUMB...**eat a varied diet of foods in their most natural state** including raw fresh fruit and vegetables, sprouts, raw nuts and seeds, whole grain breads, pasta and desserts, beans/legumes, extra virgin olive oil, natural sweeteners such as raw honey, agave nectar, stevia (herbal), and minimize wheat intake, try brown rice, barley, quinoa, and millet.

Included below is a partial list of FOODS TO EAT and AVOID. Most of the FOODS TO AVOID are found in highly processed pre-packaged foods. Either read labels, or more simply, stay away from prepackaged, highly processed, and fast foods. Eat foods in their most natural form as they come to us from nature, ideally organic when possible.

See the next page for a FOOD GUIDE to help you with food choices.

**Sky Hill Institute is a 501(c)(3) nonprofit organization.**

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## Food Guide

<b>Eat These!</b> <i>Anti-inflammatory</i>	<b>Avoid These!</b> <i>Pro-Inflammatory</i>
<b>FATS AND OILS</b>	
<ul style="list-style-type: none"> <li>• Extra virgin olive oil</li> <li>• Flax seed oil</li> </ul>	<ul style="list-style-type: none"> <li>• Margarine and shortening</li> <li>• Hydrogenated oils (trans fats)</li> <li>• Fractionated oils</li> <li>• Palm, palm kernel, and soybean oil</li> <li>• Safflower, corn, and sunflower oil</li> <li>• Mixed/blended vegetable oils</li> <li>• Animal fats such as lard</li> </ul>
<b>GRAINS AND BEANS</b>	
<ul style="list-style-type: none"> <li>• High-fiber whole grain cereals (steel-cut oats) and breads</li> <li>• Whole grain spelt, wheat, rice or quinoa pasta</li> </ul>	<ul style="list-style-type: none"> <li>• White flour refined sweetened breads and cereals</li> <li>• White flour refined pasta</li> </ul>
<ul style="list-style-type: none"> <li>• Beans, peas, lentils, bulgur, brown rice that can be made into main dishes and soups</li> </ul>	<ul style="list-style-type: none"> <li>• Prepackaged foods and soups that are often high in salt and unhealthy fats</li> </ul>
<b>BEVERAGES</b>	
<ul style="list-style-type: none"> <li>• Water, fresh made herbal teas, green tea</li> <li>• Fresh fruit smoothies with out dairy or sugar</li> <li>• Fresh juices from organic fruits and vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Nonfood beverages such as instant drinks (ice tea, coffee, hot chocolate, lemonade) soda, etc.</li> <li>• Pasteurized juices</li> </ul>
<b>SWEETENERS</b>	
<ul style="list-style-type: none"> <li>• Raw honey</li> <li>• Agave nectar</li> <li>• Maple syrup or maple sugar</li> <li>• Unsulfured blackstrap molasses</li> <li>• Stevia (a non-food herbal sweetener)</li> </ul>	<ul style="list-style-type: none"> <li>• Artificial sweeteners</li> <li>• Corn syrup</li> <li>• White sugar</li> <li>• Brown sugar</li> </ul>
<b>DAIRY</b>	
<ul style="list-style-type: none"> <li>• Almond or rice milk</li> <li>• Fresh fruit sorbet</li> </ul>	<ul style="list-style-type: none"> <li>• Dairy including milk, cheese, ice cream</li> </ul>
<b>PROTEIN</b>	
<ul style="list-style-type: none"> <li>• Wild salmon (omega-3 rich)</li> <li>• Vegetarian sources of protein: raw nuts and seeds; beans, peas, lentils; sprouts</li> </ul>	<ul style="list-style-type: none"> <li>• Excessive non-organic red meat, poultry or farm raised fish</li> <li>• Meats from corn fed animals</li> </ul>

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