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Anti-Inflammatory Diet

1-3 months, to lower markers of inflammation like CRP, homocysteine, etc.

Eat:

Vegetables: especially leafy greens, crucifates (broccoli, cauliflower, etc.), colourful, non-starchy vegetables like peppers, tomatoes, squashes (aim for 5 servings a day)

Proteins: chicken, fish, legumes, beef, protein powders, eggs (3 servings a day)

Healthy fats: seeds, nuts, oils (olive, avocado, fish, flax, coconut, grass-fed butter), fatty fish, avocado, coconut (have 1-2 servings at each meal)

Gluten-free whole grains and starchy vegetables: rice, sweet potato, beets, quinoa, amaranth, whole oats (limit to 1-2 servings a day)

Fruits: especially berries

Avoid:

Gluten-containing grains: wheat, wheat flour, rye, barley, beer, breads, baked goods

Refined flours: baked goods, breads, pastas, cereals, snacky foods

Processed seed oils: margarine, canola, corn oil, soy oil, vegetable oils (watch because restaurants will use these types of oils, so avoid eating out as much as possible during these weeks).

Sugar: sweet drinks, candies, cookies, look at packages and avoid ingredients like: glucose, fructose, dextrose, cane sugar, sugar, maltodextrin, all the "oses"

Dairy: as an experiment: yogurt, cheese, milk, ice cream, cream, look up sauce ingredients (butter is usually fine, because it contains more fat than inflammatory proteins)

Meal planning:

Start with a serving of leafy green (cooked spinach or a kale salad), add a colourful vegetable or crucifate, like butternut squash or brussel sprouts or cabbage. Then add a protein, like 2-3 eggs or 4 ounces of chicken or beef or fish. Finally cook foods in anti-inflammatory oils like coconut (for high temperatures) or olive oil. Sprinkle olive oil or flax on salads or over food, add ½ an avocado, or add walnuts or almonds to salads.

Extra Anti-inflammatory food additives:

Turmeric: try to get 1 tsp per day (add to smoothies, soups, sprinkle on meats for dry rubs)

Gelatin: add 2 tbs to a smoothie or glass of water

Leafy greens: try to get 1-2 cups a day