



## Anti-inflammatory Diet for veggies!

Adhering to an anti-inflammatory diet, including 7+ servings of brightly coloured vegetables and fruits per day, floods your body with naturally occurring anti-oxidants and phytonutrients. Studies have shown these help reduce many symptoms of dis-ease, such as joint pain and stiffness, oedema, concentration problems and brain fog, skin problems, excess weight or diminished weight, hormone balance, symptoms of GI distress and many more.

### What to Eat:

#### Vegetables

Leafy greens, like kale, chard, spinach, broccoli and cabbage

Purples, such as onions, cabbage, beetroot

Oranges and golds, like carrots, pumpkin, butternut squash, sweet peppers

Reds, such as tomatoes, radishes, sweet peppers

Blues, like blueberries & blackberries

- Other vegetables, such as cucumbers, celery and mushrooms make great choices as well, but I've listed the ones highest in phytonutrients
- Including a bit of healthy fat with these veg help the nutrients be absorbed more completely. Some suggestions would be combining avocado (or guacamole) with your leafy greens, or having carrot sticks with hummus, or mixing olives into salads, stews and sauces.
- White potatoes are a starch, rather than a vegetable

#### Fruits

Especially healthy choices include all berries, melons, citrus fruits, apples, cherries, peaches, pineapples, and mangoes.

- For a low-sugar option, focus mostly on berries, melon and green apple, and no more than 2 servings per day.

#### Grains

Quinoa, chick pea flour or falafel, buckwheat or buckwheat flour, brown or wild rice, amaranth, teff, gluten-free oats

- Occasional barley, oats and rye should be ok but wheat should not be used at all

\*For leaky gut, IBS, or IBD, it is advisable to go completely gluten free. This means free from

Barley

Rye

Oats (gluten-free oats *may* be ok)

Wheat





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### PROTEIN

#### Nuts

Some of the healthiest choices are almonds, walnuts, brazil nuts, pumpkin seeds, chia seeds, sesame seeds, sunflower seeds

#### Pulses

Options like chick peas, lentils or beans (red beans, black beans, cannellini beans, split peas and many others!) are a great alternative to animal protein

#### Milks

Try alternative milks, such as almond milk or coconut milk.

#### Eggs

Opt for free range and organic whenever possible!

#### Soy

Fermented forms of soy, such as tempe, miso, natto, and fermented tofu.

\*\* Soy that has gone through this fermentation process is:

- Lower in “anti-nutrient” substances that act as toxins in your body
- Easier to digest and less likely to cause gastric distress
- Lower in phytates that prevent the absorption of minerals like calcium, magnesium, iron, and zinc
- High in vitamin K2, an important nutrient for supporting bone and cardiovascular health

#### Good ideas for natural sweeteners and fats:

- Dates, date syrup, rice syrup, maple syrup, local honey (in small amounts)
- Grass-fed butter, Coconut oil, Olive Oil, and Ghee are the healthiest oils for cooking
- Pumpkin seed oil, almond oil, flax seed oil, walnut oil \*should never be heated, they should only be used as dressings\*

### TO CUT OUT COMPLETELY:

- Wheat
- Dairy (cows milk)
- Refined sugars and sweeteners
- Processed and packaged foods