

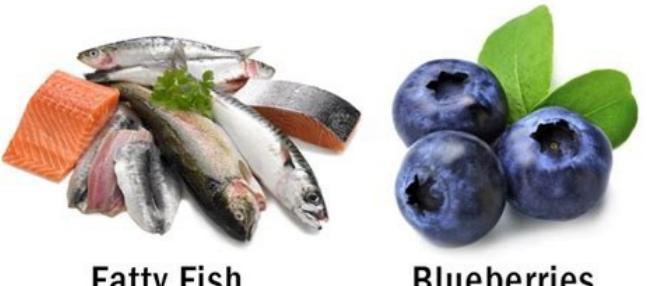
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# TOP 25 ANTI INFLAMMATORY FOODS

Try This!

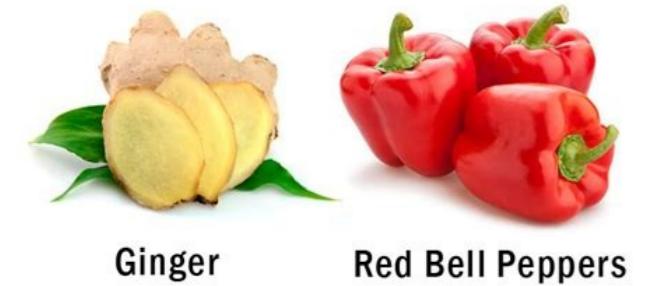
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Fatty Fish      Blueberries



Green Leafy Vegetables



Ginger      Red Bell Peppers



Celery      Broccoli



Tomatoes



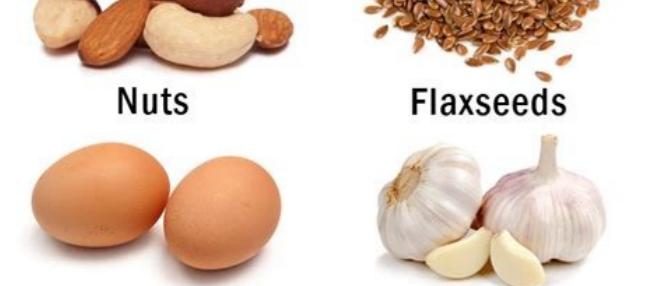
Pineapple      Beets



Chia Seeds      Turmeric



Raw Oats      Whole Grains



Nuts      Flaxseeds



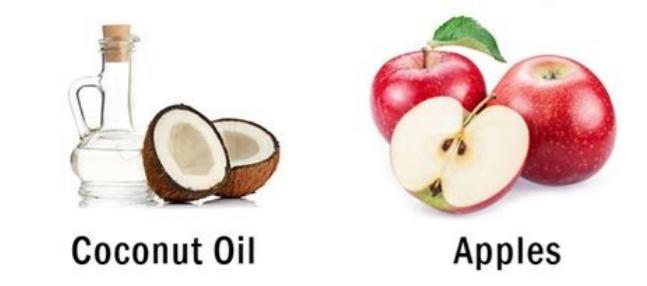
Eggs      Garlic



Soy



Tart Cherries      Rosemary



Bone Broth      Honey



Coconut Oil      Apples

Try This!

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**VEGETABLES**

- The key here is to be seasonal and as local as possible. No need to buy imported artichokes. See below for some typical vegetables used.
- o Tomatoes
  - o Peppers
  - o Onions
  - o Eggplant
  - o Cucumbers
  - o Green beans
  - o Okra
  - o Zucchini
  - o Garlic
  - o Peas
  - o Potatoes
  - o Mushrooms
  - o Cauliflower
  - o Broccoli
  - o Celery
  - o Celery leaves
  - o Beets
  - o Spinach
  - o Cabbage
  - o Romaine Lettuce
  - o Frozen (spinach, peas, green beans)

**DAIRY**

- In the traditional Mediterranean diet, the dairy products are full-fat
- o Strained (Greek) Yogurt
  - o Sheep's milk yogurt
  - o Feta cheese
  - o Fresh cheese such as ricotta
  - o Parmesan
  - o Fresh Mozzarella
  - o Graviera
  - o Mizithra

**BEANS**

- o Lentils
- o White beans
- o Chickpeas
- o Yellow Split Pea (fava)

**FAT & NUTS**

- Red meat is consumed in small amounts usually once a week and poultry once a week.
- o Chicken (whole, legs etc.)
  - o Ground Beef
  - o Veal
  - o Pork

**FISH & SEAFOOD**

- Mainly small fatty fish is consumed, in many cases it is cured (you can also use canned).
- o Anchovies (fresh or canned)
  - o Sardines (fresh or canned)
  - o Cod
  - o Shrimp
  - o Octopus
  - o Calamari

**FRUIT**

- Citrus fruit is one of the main sources of antioxidants in the Mediterranean diet.
- o Oranges
  - o Tangerines
  - o Lemons
  - o Apples
  - o Peaches
  - o Cherries
  - o Watermelon
  - o Cantaloupe
  - o Peaches
  - o Pears
  - o Figs
  - o Apricots

**GRAIN & BREADS**

- o Bread (preferably whole grains)
- o Paximadi (Fleury Rusks)
- o Whole grain breadsticks
- o Pita bread
- o Phyllo
- o Pasta
- o Rice
- o Egg pasta
- o Bulgur
- o Couscous

**PANTRY ITEMS**

- o Canned tomatoes
- o Tomato Paste
- o Olives
- o Canned Tomatoes
- o Capers
- o Balsamic/red wine vinegar
- o Honey
- o Wine

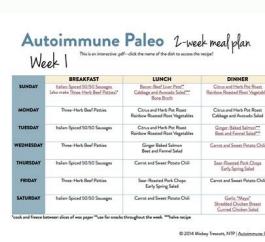
**HERBS & SPICES**

- o Oregano
- o Parsley
- o Dill
- o Mint
- o Basil
- o Cumin
- o All Spice
- o Cinnamon
- o Pepper/sea salt
- o Herbal teas (chamomile, mountain tea, sage, thyme)

**GREENS**

- An important part of the diet is the consumption of greens.
- o Chicory
  - o Dandelion
  - o Beet Greens
  - o Amaranth

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# 12 Essential Swaps FOR AIP COOKING

**FLOUR**


coconut flour, cassava flour, tigernut flour, arrowroot flour

**DAIRY**


coconut milk, coconut butter, coconut cream, coconut yogurt, water, bone broth

**EGGS  
(for baking)**


gelatin, applesauce, baked squash/sweet potato, avocado, mashed banana, coconut milk yogurt

**VEGETABLE OIL**


avocado oil, coconut oil, palm shortening, toasted sesame oil

**SUGAR**


stevia, dates, maple syrup, coconut sugar, molasses, or honey

**SEASONINGS**


apple cider vinegar, olive tapenade, citrus zest and juice, fresh herbs, coconut aminos

**CAFFEINE**


dandelion root tea, chicory root tea, Mocha Latte Paleo Protein, sparkling water, tigernut horchata, fresh-pressed juice, coconut water

**BREAD & TORTILLAS**


cassava flour tortillas, lettuce wraps, cabbage leaves, endive

**POTATOES**


sweet potatoes, cauliflower, parsnips

**RICE & OTHER GRAINS**


cauliflower or broccoli rice

**NUTS & SEEDS**


tigernuts

**PASTA**


spiralized zucchini, carrots, or other veggies

# THE GALVESTON DIET



# Intermittent Fasting

**Changing our eating patterns to narrow the window of eating and increase the window of fasting for long-term health benefits**



## Eliminating Inflammation

By removing foods that cause inflammation in our gut, we will decrease chronic low-grade inflammation, making our bodies work more efficiently and feel better



# Ketosis

Using a 70% Healthy Fat, 20% Lean Protein and 10% Carbohydrate eating plan, we will enter a state of enhanced ketosis for shifting our body into burning fat for energy



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lically reviewed by Jerlyn Jones, MS MPA RDN LD CLT, Nutrition — Written by Cathleen Crichton-Stuart — Updated on April 3, 2022

**Overview**

**Breakfast**

**Lunch**

**Dinner**

**Snacks**

**3-day plan**

**Summary**

We include products we think are useful for our readers. If you buy through links on this page, we may earn a small commission. Here's our process.

For one with chronic inflammation, dietary choices can make a real difference. As the Arthritis Foundation reports, certain foods can help tackle inflammation, strengthen bones, and boost the immune system. Following an anti-inflammatory meal plan ensures that a person has tasty, nutritious meals that help keep inflammation under control. An anti-inflammatory diet contains plenty of prebiotics, fiber, antioxidants, and omega-3s. This is a diet rich in vegetables, whole fruit, whole grains, legumes, and fatty fish. Below, find 26 anti-inflammatory recipes, including breakfasts, lunches, dinners, and snacks. Start off the day with any of these nutritious, anti-inflammatory options.

1. Oat porridge with berries

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**Rocky89/iStock**

Recipe for oat porridge with berries

This meal delivers high doses of prebiotics, antioxidants, and fiber. Oats are rich in a type of fiber called beta-glucans. Beta-glucans are an important prebiotic for the gut bacteria *Bifidobacterium*, which may help reduce diabetes-related inflammation and obesity. Prebiotics support helpful gut bacteria, and this can help reduce inflammation. Berries are high in antioxidants, and blueberries are especially rich in anti-inflammatory polyphenols called anthocyanins.

Dietary tip: Traditional rolled and steel cut oats are slightly higher in fiber than quick oats. Ingredients to add to the grocery list include: steel cut oats, fresh or dried berries, and ground cinnamon.

2. Buckwheat and chia seed porridge

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**T.Tseng, 2015**

Recipe for buckwheat and chia seed porridge

Buckwheat groats are gluten-free, making them a great substitute for oats, for people who are sensitive to them. Adding chia seeds boosts the healthy omega-3 content of this breakfast. Omega-3s help reduce inflammation in the body, and they may improve joint tenderness and stiffness in people with rheumatoid arthritis (RA). Chia seeds are also high in fiber and protein, which keep the body feeling full for longer. People can stock up on the following ingredients for this meal:

- buckwheat
- chia seeds
- milk (apple, pear, or both)
- ground ginger
- ground cinnamon
- nutmeg
- ground cardamom
- vanilla extract
- honey

3. Blueberry buckwheat pancakes

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**T.Tseng, 2015**

Blueberry buckwheat pancakes

Despite its name, buckwheat is not a grain. It is the seed of a grass-like plant. Buckwheat is especially popular in Japanese cuisine. Buckwheat is a good source of two key anti-inflammatory polyphenols called quercetin and rutin. As a 2016 study notes, quercetin is an antioxidant, while rutin has anti-inflammatory properties that may help with arthritis. Many health food supermarkets and online stores sell it. Below are the ingredients to add to the grocery list:

- eggs
- butter
- milk
- plain, nonfat yogurt
- brown sugar
- vanilla extract
- buckwheat flour
- cinnamon
- salt
- fresh blueberries

4. Scrambled eggs with turmeric

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**Image credit: pulaw, 2014**

Recipe for scrambled eggs with turmeric

Eggs are an excellent source of protein, and the yolk contains vitamin D. A 2016 review stated that vitamin D could limit the process of inflammation due to its effects on the immune system. It also noted that people with RA, an inflammatory illness, had lower vitamin D levels than other people in the study. Adding turmeric to scrambled eggs gives the meal an extra anti-inflammatory boost.

5. Smoked salmon, avocado, and poached eggs on toast

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**Pink-Orange-Photography/iStock**

Recipe for smoked salmon and poached eggs on toast

Smoked salmon and avocado are both rich sources of anti-inflammatory omega-3 fatty acids. Eating plenty of healthful fatty acids can also improve heart health and lower the risk of cardiovascular disease. This hearty breakfast is great for very active days or weekend brunches. Below, find ingredients for smoked salmon and poached eggs on toast:

- whole grain bread, which can be gluten-free
- avocado
- lemons
- salmon
- egg
- scallions
- microgreens

6. Pineapple smoothie

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**galitskaya/iStock**

Recipe for kale pineapple smoothie

A pineapple contains high levels of bromelain, which has anti-inflammatory properties. There is growing interest in bromelain supplements due to these properties. Ingredients include:

- kale
- pineapple
- honey
- banana
- peanut butter
- greek yogurt
- almond milk

7. Grilled sauerkraut, hummus, and avocado sandwich

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**Michl/iStock**

Recipe for grilled sauerkraut, hummus, and avocado sandwich

This healthy, vegetarian version of the Reuben has an anti-inflammatory boost. Sauerkraut contains probiotics that help promote a healthy gut microbiome. Probiotics may affect arthritis-related inflammation by improving inflammation in the intestinal tract. This grilled sandwich has less salt and calories than a regular Reuben. Adding hummus and avocado to replace the meat and sauce provides protein and a smooth, creamy texture. The ingredients include:

- pumpernickel bread
- butter
- garlic-flavored hummus
- sauerkraut
- avocado

8. Spinach and feta frittata

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**Jules, 2017**

Recipe for spinach and feta frittata

Green leafy vegetables, such as spinach and broccoli, contain high levels of two polyphenols called quercetin and coenzyme Q10. Coenzyme Q10 may reduce inflammation that stems from some metabolic diseases, including RA, multiple sclerosis, and diabetes. Frittatas are quick and easy, and people can enjoy experimenting with a range of flavors. Having a side salad may add health benefits. These ingredients will complete this meal:

- olive oil
- brown onion
- garlic
- baby spinach
- eggs
- scrumbled feta cheese

9. Quinoa and citrus salad

Quinoa is gluten-free and great anyone on a vegan diet. Quinoa contains lots of protein and nutrients, and citrus gives the salad an antioxidant boost. Citrus fruits are full of vitamin C, an important antioxidant that can help renew other antioxidants in the body. Vitamin C also helps the body absorb iron from plant-based sources, such as spinach and quinoa. Quinoa is easy to cook and store, so a person can prepare it ahead of time and keep it in the fridge until needed. Stock up on the following ingredients for this meal:

- quinoa
- orange juice
- celery
- Brazil nuts
- green onions
- onion
- fresh parsley
- lemon juice
- ginger
- white wine vinegar
- garlic
- cinnamon

10. Lentil, beetroot, and hazelnut salad

Lentil salads are a simple, protein-rich option for people on a vegetarian diet. Lentils and beetroot provide fiber, while the hazelnuts add protein and vitamin E, an antioxidant. Beetroots also contain high amounts of a compound called betaine, which is an anti-inflammatory antioxidant. Grocery items to complete this meal include:

- Puy lentils
- beetroots
- spring onions
- hazelnuts
- fresh mint
- fresh parsley
- ginger
- olive oil
- Dijon mustard
- dapple cider vinegar

11. Cauliflower steak with beans and tomatoes

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**Tatiana Volgutova/iStock**

Recipe for cauliflower steak with beans and tomatoes

A cauliflower steak can be a great vegan meal option. Cauliflower is a cruciferous vegetable rich in fiber and antioxidants. Including white beans in the dish adds essential fermentable fibers for healthy gut bacteria. One study found that women who ate more cruciferous vegetables had lower inflammation biomarkers. The following are ingredients to add to the grocery list:

- cauliflower
- extra virgin olive oil
- green onions
- garlic
- lemon juice
- ginger
- white wine vinegar
- carrots
- cucumbers
- shallots
- jalapeño
- chillies
- lime juice
- rice

12. Lettuce wraps with smoked trout

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**thaoliang/iStock**

Recipe for lettuce wraps with smoked trout

Trout is a fatty fish that contains anti-inflammatory omega-3s. To make this meal more filling, try using wholemeal or gluten-free wraps, or adding brown rice as a side. To ensure that this recipe is gluten-free, check the nutrition label on the chili sauce. If it contains gluten, a person might leave it out. Going without the sauce can also lower the sugar content. Stock up on the following ingredients to prepare this meal:

- carrots
- cucumbers
- shallots
- jalapeño
- chillies
- lime juice
- rice

13. Salmon with zucchini pasta and pesto

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**Jules, 2014**

Recipe for salmon with zucchini pasta and pesto

Zucchini makes a great, gluten-free alternative to pasta. This recipe is light but includes plenty of omega-3-rich ingredients, including salmon and avocado. Anyone who wishes can replace the salmon with another fatty fish, such as tuna or mackerel. Cooking tip: A person can make zucchini noodles using a potato peeler. Peel the full length, rotating the zucchini, to get even, linguine-like noodles. A grocery list for salmon and zucchini pasta and pesto should include:

- salmon
- zucchini
- avocado
- parmesan
- pesto
- lemon

14. Roasted cauliflower, fennel, and ginger soup

Vegetables are full of anti-inflammatory compounds called polyphenols. Thick soups, such as this roasted cauliflower and fennel soup, can help people grease their vegetable intake. The added ginger gives this meal an extra anti-inflammatory and antioxidant boost. To make roasted cauliflower, fennel, and ginger soup, a person needs:

- onion
- garlic
- cauliflower
- fennel bulbs
- stock
- choice hummus (optional)
- turmeric
- sage leaves
- fennel seeds
- wheat-free tamari
- lemon
- ginger

15. Lentil and chicken soup with sweet potato

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**PoppyB/iStock**

Recipe for lentil and chicken soup with sweet potato

In this filling soup, the sweet potato and lentils ramp up levels of fiber, protein, and other nutrients. Sweet potatoes are also a great source of vitamins A, B, and C. They also contain calcium, iron, and healthy antioxidants. To save time, a person can add sweet potato or store-bought roast chicken. A grocery list should include:

- rotisserie chicken
- sweet potatoes
- French lentils
- celery stalks
- garlic
- carrots
- lemon

16. Salmon with greens and cauliflower rice

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**margouillatphotos/iStock**

Recipe for salmon and cauliflower rice

This can be a nutritious, simple evening meal. Substituting cauliflower rice for regular rice boosts the vegetable content, and provides extra nutrients. Brussels sprouts and cauliflower are both cruciferous vegetables rich in fiber, antioxidants, and polyphenols. A person can add green vegetables to meet the daily recommended vegetable intake of 2–3 cups. Cooking tip: Not entirely sold on cauliflower rice? Try a combination of cauliflower and brown rice. For salmon and cauliflower rice, stock up on:

- salmon fillets
- brussels sprouts
- kale
- cauliflower
- olive oil
- curry powder

17. Curried shrimp and vegetables

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**LauriPatterson/iStock**

Recipe for curried shrimp and vegetables

Shrimp contain astaxanthin, which has antioxidant and anti-inflammatory effects. Add carrots, red peppers, and peas for their healthy polyphenol contents. A person might also try adding 2 tablespoons of turmeric for extra inflammatory benefits. Turmeric is nearly tasteless, so it can go well in any curry, soup, or casserole. Ingredients for curried shrimp and vegetables include:

- butter
- onion
- oil
- onions
- coconut milk
- curry powder
- shrimp
- frozen cauliflower

18. Vegetarian chili

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**modesigns58/iStock**

Recipe for vegetarian chili

Vegetarian chili is a versatile dish. Containing a variety of beans that are full of fermentable fibers, this chili looks after gut health. Beans are also good sources of antioxidant vitamin C and rich in cruciferous proteins. Try experimenting with different combinations of beans and vegetables. A grocery list should contain:

- red onion
- red bell pepper
- carrots
- celery
- garlic
- chili powder
- ground cumin
- smoked paprika
- adried oregano
- tomatoes
- black beans
- pinto beans
- vegetable broth
- bay leaf
- cilantro
- lime juice
- avocado
- cheddar cheese

19. Salmon cakes

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**DronG/iStock**

Recipe for salmon cakes

These salmon cakes are full of omega-3s and colorful vegetables. Bake them in the oven to reduce the saturated fat content. A person can also freeze them, right after they are made. A person might use gluten-free breadcrumbs or almond meal help with the consistency. The grocery list should contain:

- salmon
- unsalted butter
- onion
- celery
- red bell pepper
- yellow bell pepper
- parsley
- capers
- shot sauce
- Worcestershire sauce
- crab boil seasoning
- mayonnaise
- Dijon mustard
- eggs

20. Sesame and oat energy balls

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**Iuliia\_n/iStock**

Recipe for sesame and oat energy balls

Below are some healthy, anti-inflammatory recipes. Sesame and oat energy balls are some healthy, anti-inflammatory recipes. These snacks, also known as power balls or energy bites, provide nutrients and calories, making them a healthy pick-me-up for work or school. This version contains sesame seeds — an excellent source of omega-3s. Stock up on these items:

- traditional rolled oats
- sesame seeds
- dates
- maple syrup
- cardamom powder
- shredded coconut

21. Coconut chia seed pudding

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**Brenda Godinez**

Recipe for coconut chia seed pudding

Chia seeds are a great source of omega-3s, protein, and fiber. These puddings are incredibly versatile. A person can choose any fruit they like. This recipe contains coconut milk, but a person might instead use a dairy-free yogurt. A grocery list for this chia seed pudding should include:

- coconut milk
- chia seeds
- maple syrup
- fresh pineapple
- chunky kiwi
- raspberries
- roasted almonds

22. Yogurt

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**ToscaWhi/iStock**

Recipe for homemade yogurt

A small pot of probiotic yogurt delivers beneficial bacteria to the gut. A healthy gut microbiome is crucial to reduce inflammation. Yogurt also contains plenty of calcium and protein, which are essential nutrients. Yogurt can be a convenient, portable snack, but for something more substantial, a person might add cereal or fruits such as berries. To make around 4 cups of yogurt at home, a person needs:

- a candy thermometer
- a yogurt maker or thermos
- 4 cups of milk
- 3 tablespoons of plain yogurt or a powdered yogurt

23. Turmeric nachos

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**OlgaMiltsova/iStock**

Recipe for turmeric nachos

Homemade nachos are a healthier, more nutritious alternative to restaurant or store-bought options. These are rich in turmeric, which can help reduce inflammation. They also contain almond meal, ter flavorings, such as dried or fresh fruit, garlic, or herbs.

24. Matcha green smoothie bowl

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**Foodista, 2016**

Recipe for a matcha green smoothie bowl

Matcha is a green tea powder. Many people use it to make lattes or tasty smoothies. It is rich in a polyphenol called epigallocatechin, or EGCG, which has anti-inflammatory benefits. A person can buy matcha at tea specialists, Asian grocers, or online. Ingredients for this recipe include:

- banana
- apple
- light coconut milk
- matcha green tea powder
- spinach
- kale
- berries
- coconut flakes
- chia seeds

25. Trail mix

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**bhofack2/iStock**

Recipe for trail mix

It is easy to make this versatile snack by mixing together nuts and seeds, which are rich in omega-3s, protein, and healthy fats. Try adding goji berries, which are rich in vitamin C. For this trail mix recipe, a person needs:

- almonds
- Brazil nuts
- pumpkin seeds
- goji berries
- sun-dried pineapple

26. Grape and apple race cars

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**racecars/iStock**

Recipe for grape and apple race cars

This is a fun recipe to make with kids. Grapes are a good source of an anti-inflammatory polyphenol called anthocyanin. And red grapes are a great source of resveratrol, which may help reduce inflammation. Apples are rich in fiber, which also has anti-inflammatory properties. To make this snack, a person needs:

- apples
- seedless grapes
- knife
- cutting board
- rounded toothpicks

People's nutritional needs differ, and it is a good idea to speak with a healthcare professional before adopting an anti-inflammatory diet and lifestyle. After receiving the go-ahead, a person might find inspiration by looking at meal plans such as this one:

- An anti-inflammatory diet is rich in plant foods, such as vegetables, legumes, and fruits. Fermented products, such as yogurt and sauerkraut, are also important, as are fatty fish and seafood. Overall, variety is essential. Reducing the intake of processed foods and foods with added sugars, fats, and salts will help restore balance in the gut and reduce inflammation.
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