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TOP 25 ANTI INDLAMMATORY FOODS

Try This!
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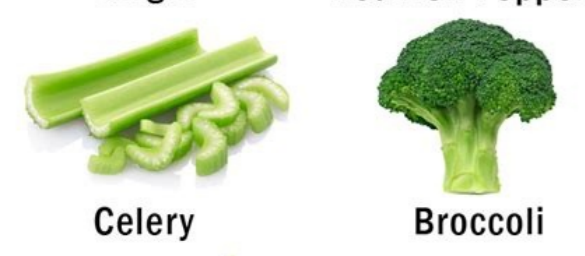
Fatty Fish Blueberries



Green Leafy Vegetables



Ginger Red Bell Peppers



Celery Broccoli



Tomatoes



Pineapple Beets



Chia Seeds Turmeric



Raw Oats Whole Grains



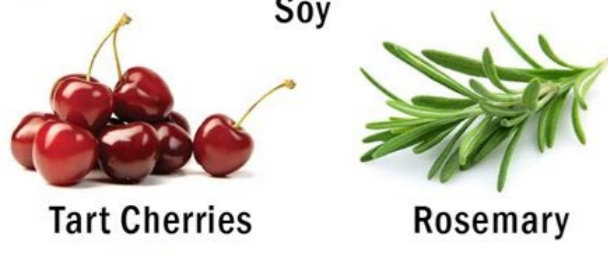
Nuts Flaxseeds



Eggs Garlic



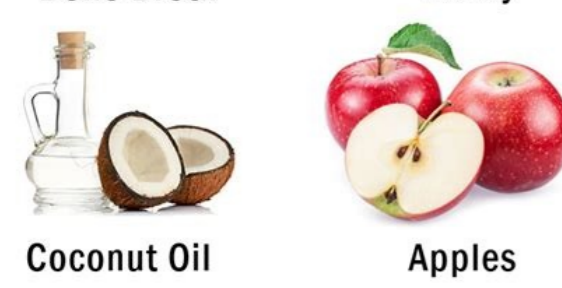
Soy



Tart Cherries Rosemary



Bone Broth Honey



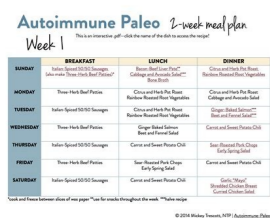
Coconut Oil Apples

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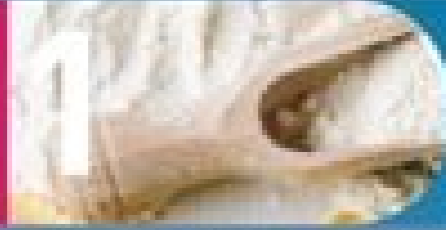
<p>VEGETABLES The key here is to be seasonal and as local as possible. No need to buy imported artichokes. See below for some typical vegetables used.</p> <ul style="list-style-type: none"> Tomatoes Peppers Onions Eggplant Cucumbers Green beans Okra Zucchini Garlic Peas Potatoes Mushrooms Cauliflower Broccoli Carrots Celery leaves Beets Spinach Cabbage Romaine Lettuce Frozen (spinach, peas, green beans) 	<p>DAIRY In the traditional Mediterranean diet, the dairy products are full-fat</p> <ul style="list-style-type: none"> Strained (Greek) Yogurt Sheep's milk yogurt Feta cheese Fresh cheese such as ricotta Parmesan Fresh Mozzarella Goat cheese Mizithra 	<p>FATS & NUTS</p> <ul style="list-style-type: none"> Extra Virgin Olive Oil Tahini Almonds Walnuts Pine Nuts Pistachios Sesame seeds
<p>FRUIT Citrus fruit is one of the main sources of antioxidants in the Mediterranean diet.</p> <ul style="list-style-type: none"> Oranges Tangerines Lemons Apples Pears Cherries Watermelon Cantaloupe Peaches Pears Figs Apricots 	<p>MEAT & POULTRY Red meat is consumed in small amounts usually once a week and poultry once a week.</p> <ul style="list-style-type: none"> Chicken (whole, legs etc.) Ground Beef Veal Pork 	<p>BEANS</p> <ul style="list-style-type: none"> Lentils White beans Chickpeas Yellow Split Pea (fava)
	<p>FISH & SEAFOOD Mainly small fatty fish is consumed, in many cases it is cured (you can also use canned).</p> <ul style="list-style-type: none"> Anchovies (fresh or canned) Sardines (fresh or canned) Cod Shrimp Octopus Calamari 	<p>PANTRY ITEMS</p> <ul style="list-style-type: none"> Canned tomatoes Tomato Paste Olives Sundried Tomatoes Capers Balsamic/red wine vinegar Honey Wine
	<p>GRAINS & BREADS</p> <ul style="list-style-type: none"> Bread (preferable whole grains) Paximadi (Barley Rusks) Whole grain breadsticks Pita bread Phyllo Pasta Rice Egg pasta Bulgur Couscous 	<p>HERBS & SPICES</p> <ul style="list-style-type: none"> Oregano Parsley Dill Mint Basil Cumin All Spice Cinnamon Pepper/sea salt Herbal teas (chamomile, mountain tea, sage, thyme)
		<p>GREENS An important part of the diet is the consumption of greens.</p> <ul style="list-style-type: none"> Chicory Dandelion Beet Greens Amaranth

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12 Essential Swaps FOR AIP COOKING

FLOUR



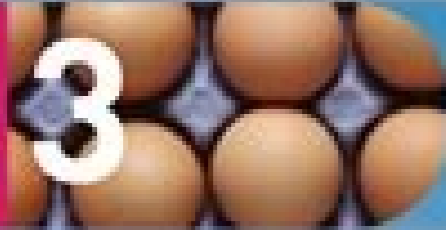
1 coconut flour, cassava flour, tigernut flour, arrowroot flour

DAIRY



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

EGGS (for baking)



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

VEGETABLE OIL



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

SUGAR



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

SEASONINGS



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

CAFFEINE



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

BREAD & TORTILLAS



8 cassava flour tortillas, lettuce wraps, cabbage leaves, endive

POTATOES



9 sweet potatoes, cauliflower, parsnips

RICE & OTHER GRAINS



10 cauliflower or broccoli rice

NUTS & SEEDS



11 tigernuts

PASTA



12 spiralized zucchini, carrots, or other veggies

THE GALVESTON DIET



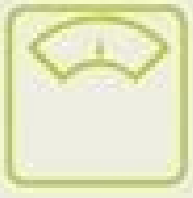
Intermittent Fasting

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



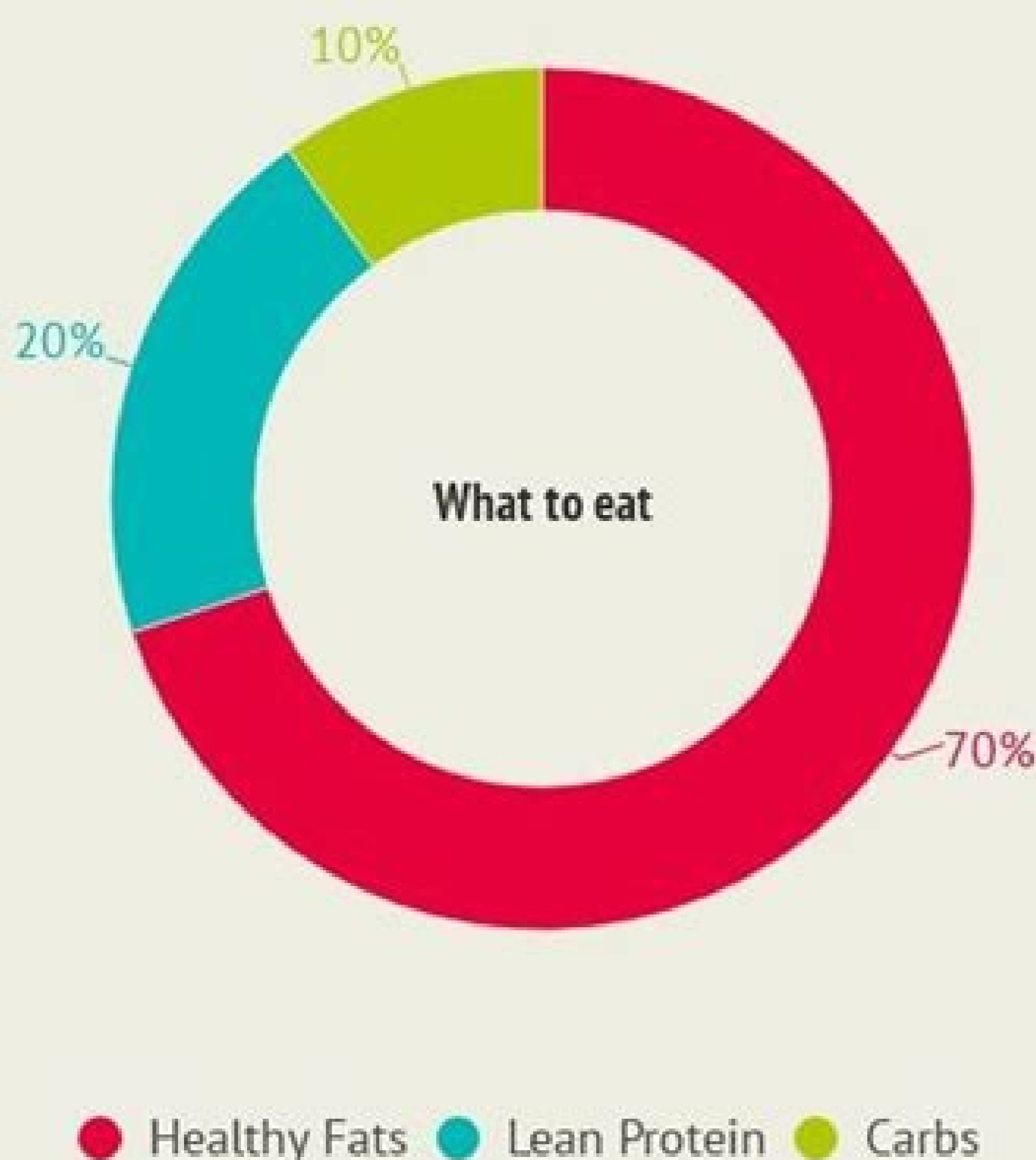
Eliminating Inflammation

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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Medically 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 anyone 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 probiotics, 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.

- Oat porridge with berries. Share on Pinterest. Rocky89/Stock. Recipe for oat porridge with berries. This meal delivers high doses of probiotics, 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. Probiotics 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 oat, fresh or frozen fruit (such as blueberries, strawberries, raspberries, or a combination), almonds, unsweetened kefir, maple syrup. 2. Buckwheat and chia seed porridge. Share on Pinterest. T.Tseng, 2015. Recipe for chia-spiced buckwheat and chia seed porridge. Buckwheat groats are gluten-free, making them a great substitute for oats, for people who are sensitive to gluten. 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, oats, chia seeds, milk or nondairy milk, fruit (apple, pear, or both), ground ginger, ground cinnamon, ground nutmeg, ground cardamom, nut butter, vanilla extract, honey. 3. Blueberry buckwheat pancakes. Share on Pinterest. T.Tseng, 2015. Blueberry buckwheat pancakes. Despite its name, buckwheat is not a grain. It is the seed of a fruit and is gluten-free. 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, buttermilk, plain, nonfat yogurt, brown sugar, olive oil, vanilla extract, buckwheat flour, baking powder, cinnamon, salt, fresh blueberries. 4. Scrambled eggs with turmeric. Share on Pinterest. Image credit: pulaw, 2014. Recipe for scrambled eggs with turmeric. Eggs are an excellent source of protein, and egg 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. Turmeric is rich in a compound called curcumin, which studies suggest helps manage oxidative and inflammatory conditions. Dietary tip: Add black pepper to dishes containing turmeric to help the body use it more effectively. Grocery list additions for scrambled eggs with turmeric include: egg, turmeric, chia seeds, salt, olive oil, baby spinach, chives, pesto. 5. Smoked salmon, avocado, and poached eggs on toast. Share on Pinterest. Pink-Orange-Photography/Stock. Recipe for smoked salmon and poached eggs on toast. Salmon and avocado are both rich sources of anti-inflammatory omega-3 fatty acids. Eating plenty of healthy 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, eggs, olive oil, microgreens. 6. Pineapple smoothie. Share on Pinterest. galitskaya/Stock. Recipe for kale pineapple smoothie. A smoothie can be a great breakfast on the go. This is full of fiber and protein, which makes people feel fuller for longer. 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. For lunch, try these nutritious recipes. 7. Grilled sauerkraut, hummus, and avocado sandwich. Share on Pinterest. Michi/Stock. 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 or buttery spread, garlic-flavored hummus, sauerkraut, avocado. 8. Spinach and feta frittata. Share on Pinterest. 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, chives, scrambled eggs, turmeric, quinoa, and citrus salad. Recipe for quinoa and citrus salad. A quinoa and citrus salad 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, celery, Brazil nuts, green onion, fresh parsley, lemon juice, ginger, white wine vinegar, garlic, cinnamon. 10. Lentil, beetroot, and hazelnut salad. Recipe for 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. Beetroot also contains high amounts of a compound called betaine, which is an anti-inflammatory antioxidant. Grocery items to complete this meal include: Puy lentils, beetroot, spring onion, hazelnut, fresh mint, fresh parsley, ginger, olive oil, Dijon mustard, apple cider vinegar. 11. Cauliflower steak with beans and tomatoes. Share on Pinterest. Tatiana Volgutova/Stock. Recipe for cauliflower steak with beans and tomatoes. Cauliflower steak with beans and tomatoes is 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, bean, garlic, cloves, lemon, parsley, panko, Parmesan cheese, white beans, red cherry tomatoes, mayonnaise, Dijon mustard. 12. Lettuce wraps with smoked trout. Share on Pinterest. haojiang/Stock. 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: carrot, cucumber, shallot, jalapeño, chilies, lime juice, or rice vinegar, smoked trout fillets, grape tomatoes, mint leaves, basil leaves, romaine lettuce, sweet chili sauce. Try the following recipes for healthy, filling dinners. 13. Salmon with zucchini pasta and pesto. Share on Pinterest. Jules, 2014. Recipe for salmon with zucchini pasta and pesto. Zucchini makes a great, gluten-free alternative to pasta. This recipe is light but filling and 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 with zucchini pasta and pesto should include: salmon, zucchini, avocado, parmesan, pesto, lemon. 14. Roasted cauliflower, fennel, and ginger soup. Recipe for 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 increase 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, and ginger soup, a person needs: onion, garlic, cauliflower, fennel, and ginger soup, a person needs: onion, garlic, cauliflower, fennel, and ginger soup. 15. Lentil and chicken soup with sweet potato. Share on Pinterest. Poppy/Stock. 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 leftover or store-bought roast chicken. A grocery list should include: rotisserie chicken, chickpeas, sweet potatoes, French lentils, celery stalks, garlic, carrot, leek, onion. 16. Salmon with greens and cauliflower rice. Share on Pinterest. margouillat/photos/Stock. Recipe for salmon and cauliflower rice. This can be a nutritious, simple evening meal. Substituting cauliflower rice for regular rice boosts the vegetable content, reduces the calorie count, 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 or coconut oil, curry powder. 17. Curried shrimp and vegetables. Share on Pinterest. Lauri Patterson/Stock. 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 or coconut oil, onion, coconut milk, curry powder, shrimp, cauliflower. 18. Vegetarian chili. Share on Pinterest. modesigns58/Stock. 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 plant proteins. Try experimenting with different combinations of beans and vegetables. A grocery list should contain: red onion, red bell pepper, carrot, celery, garlic, chili powder, ground cumin, smoked paprika, dried oregano, tomato, black beans, pinto beans, vegetable broth, bay leaf, cilantro, lime juice, avocado, cheddar cheese. 19. Salmon cakes. Share on Pinterest. DronG/Stock. 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, bell pepper, yellow bell pepper, parsley, cayenne, hot sauce, Worcestershire sauce, crab boil seasoning, mayonnaise, Dijon mustard, eggs. Below are some healthy, anti-inflammatory recipes. 20. Sesame and oat energy balls. Share on Pinterest. tiulia_n/Stock. Recipe for sesame and oat energy balls. These snacks, also called power balls or energy bites, provide nutrients and calories, making them a healthy pick-me-up for work or school. This recipe 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. Share on Pinterest. 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 chunks, kiwi, raspberries, roasted almonds. 22. Yogurt. Share on Pinterest. ToscaWhi/Stock. 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, yogurt maker or thermos, 4 cups of milk, 3 tablespoons of plain yogurt or a powdered yogurt starter, flavorings, such as dried or fresh fruit, garlic, or herbs. 23. Turmeric nachos. Share on Pinterest. Olga Mills/stock. 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, making them a good source of the antioxidant vitamin E. A grocery list should include: tomato, cucumber, almond meal, egg, turmeric, cucumber, tomato, orange zest. 24. Matcha green smoothie bowl. Share on Pinterest. Foodista, 2016. Recipe for a matcha green smoothie bowl. Matcha is a green tea powder. Many people use it to make lattes or tasty smoothie bowls. 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, spinach, apple, light coconut milk, matcha green tea powder, spinach or kale, berries, coconut flakes, chia seeds. Trail mix. Share on Pinterest. bhofack2/Stock. 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 nut, pumpkin seeds, goji berries, coconut flakes, sun-dried pineapple slices. 26. Grape and apple race cars. 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, a 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. Last medically reviewed on April 3, 2022. Medical News Today has strict sourcing guidelines and draws only from peer-reviewed studies, academic research institutions, and medical journals and associations. We avoid using tertiary references. We link primary sources — including studies, scientific references, and statistics — within each article and also list them in the resources section at the bottom of our articles. 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