



Melbourne
Natural Medicine Clinic

Anti-Inflammatory Diet

To reduce inflammation, reduce or eliminate foods high in fats, sugars, artificial colours, flavours and preservatives and other substances which may aggravate inflammatory conditions such as oranges, shellfish, yeast, caffeine, & alcohol.

FOODS TO AVOID

Red meats Especially beef and pork, offal (organ meats), salami, smoked meats, bacon, ham and sausages.

Dairy Milk, cheese, cream, ice-cream, butter, yoghurt, sour cream, cream cheese, condensed milk.

Other High Fat Foods Margarine, lard, fried foods, snack foods – chips, crackers

Shellfish Prawns, oysters, mussels, crabs, Balmain bugs, and lobster. (Shellfish are scavengers and may ingest a number of toxic substances. Their digestive system can handle these toxins; however, they are an added burden for the human liver. Shellfish are also usually liberally sprayed with metaspulphites.

Sugar White, brown, raw, icing sugar, jams, cakes, biscuits, pastries, donuts, chocolates, lollies, canned fruits (in syrup), frozen desserts, ice-cream, most packaged commercial breakfast and other cereals.

Yeast Yeast bread and extracts e.g. vegemite.

Fruit Oranges, orange juice

Condiments Mayonnaise, salad dressings (unless homemade).

Beverages Coffee, tea, coke, cordials, other fizzy soft drinks.

ALL ALCOHOL NEEDS TO BE AVOIDED

Also... Artificial colours, flavours, and preservatives – check the labels.

*These will aggravate inflammatory conditions.

FOODS TO INCLUDE

Oily Fish Mackerel, herring, sardines, anchovy, trout, tuna, salmon. (The fish oils contained in the coldwater fish are very useful for reducing inflammation - eat regularly).

Fresh Fruits Everything EXCEPT ORANGES. Choose from apples, pears, apricots, peaches, nectarines, plums, cherries, blueberries, mangoes, mandarins, lemons, grapefruit, limes pineapples, pawpaw, banana, fresh figs, watermelon, rock melon, kiwi fruit, etc. (ESPECIALLY EAT PAW PAW AND PINEAPPLE)

Vegetables All fresh vegetables eg artichoke, asparagus, beans, beetroot, broad beans, broccoli, brussel sprouts, cabbage, capsicum, carrot, cauliflower, celery, choko, cucumber, eggplant, endive, fennel, kale, kohlrabi, leeks, lettuce, okra, onions, parsnips, peas, potatoes, pumpkin, radish, silverbeet, snow peas, squash, sweet potato, swede, turnip, watercress, zucchini etc.

Wholegrains Rice, millet, buckwheat, corn, quinoa, oats. Try to rotate grains rather than eating the same grain all the time. Limit wheat and wheat products.

Legumes Moderate amounts: Aduki beans, black-eyed beans, broad beans, chick peas, lentils, lima beans, mung beans, pinto beans, split peas.

Oils Olive, sunflower and safflower oils. Linseed oil (must be refrigerated) and use in salad dressings. Nuts, nut butters, coconut.

Chicken & Turkey

Beverages Filtered water (10 glasses per day minimum). Fresh vegetable juices e.g. carrot, celery and cucumber; celery, cucumber and beetroot; carrot, celery and parsley. Fresh fruit juices e.g. grapefruit or pineapple and mint. Herbal teas. **Other** nut milks, coconut milk Fresh herbs and spices. Tahini spread. Lots of garlic, onions, ginger