

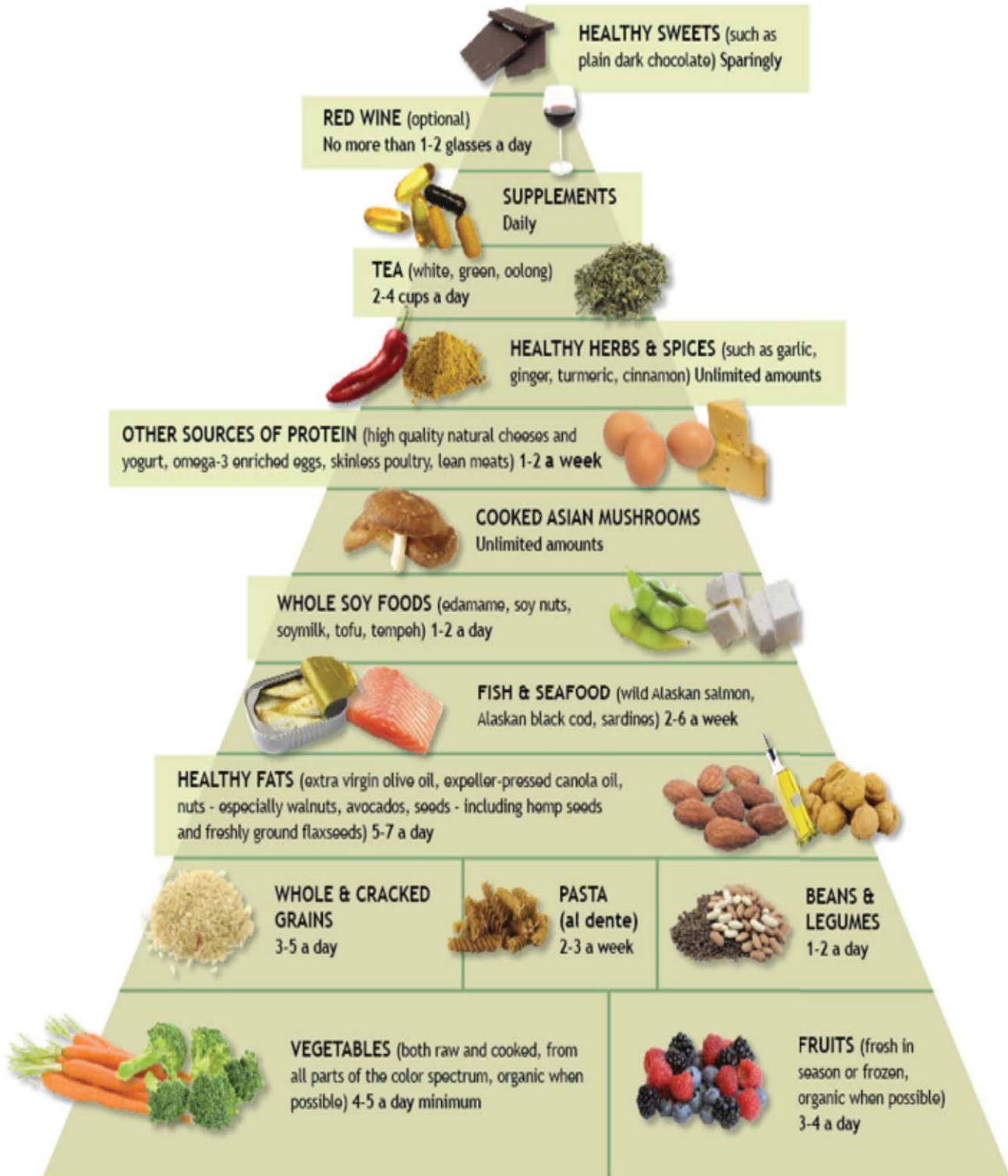
Anti-Inflammatory Diet to Help Ease Chronic Pain

Try to Eat More of...	Try to Eat Less of...
<input checked="" type="checkbox"/> Organic foods	Processed foods
<input checked="" type="checkbox"/> Vegetable proteins: <ul style="list-style-type: none"> • soybeans, beans, lentils, legumes • nuts, seeds • brightly coloured fruit and vegetables 	Animal and dairy proteins (they contain arachidonic acid which increases inflammation): <ul style="list-style-type: none"> • meat, especially red meat • dairy (except high quality cheese and yogurt)
<input checked="" type="checkbox"/> Complex carbohydrates: <ul style="list-style-type: none"> • whole grains • brown rice • bulgur wheat • beans • sweet potatoes • winter squashes • low GI vegetables • low GI (e.g., berries, cherries, apples, pears) 	Simple carbohydrates: <ul style="list-style-type: none"> • gluten and wheat • white flour products • crackers, chips, pastries, other snack foods • cereal made from rice or corn • instant rice, white rice, white potatoes • processed foods, fast food • products made with high fructose corn syrup • sweetened drinks, alcohol • high GI fruits and juices (tropical fruit))
<input checked="" type="checkbox"/> Monounsaturated or polyunsaturated fats: <ul style="list-style-type: none"> • avocados • nuts and nut butters (especially walnuts, cashews, almonds) • extra-virgin olive oil or expeller-pressed, organic canola oil 	Saturated and trans fats: <ul style="list-style-type: none"> • butter, cream, high-fat cheese • fatty meats, red meat • products made with palm kernel oil • try for a ratio of 1:2:1 of saturated to monounsaturated to polyunsaturated fat
<input checked="" type="checkbox"/> Foods high in fibre: <ul style="list-style-type: none"> • complex carbohydrates, such as: • low-glycemic fruits and vegetables • cruciferous vegetables (cabbage family) • beans, legumes, nuts, seeds • while grains 	Partially hydrogenated oils: <ul style="list-style-type: none"> • safflower or sunflower oils (except for organic, high-oleic, expeller-pressed sunflower and safflower oil) • oils from corn, cottonseed, peanut, soy, grapeseed, and mixed vegetables • margarine, vegetable shortening
<input checked="" type="checkbox"/> Foods high in Omega-3 fatty acids: <ul style="list-style-type: none"> • cold water fish (salmon, sardines, herring, mackerel) and fish oils • ground flax seeds or flax oil • leafy green vegetables • Omega-3 fortified eggs (in moderation) • walnuts 	Foods high in omega-6 fatty acids: <ul style="list-style-type: none"> • red meat • processed foods • fast foods
<input checked="" type="checkbox"/> Foods high in antioxidants: <ul style="list-style-type: none"> • yellow, orange, and red vegetables • dark leafy greens (spinach, Romaine lettuce) • citrus fruits (except for endometriosis or IC) • black and green teas • vegetables in the allium family (onions, garlic) 	Highly processed foods <ul style="list-style-type: none"> • foods with a long shelf life (chips, crackers) • alcohol
<input checked="" type="checkbox"/> Spices that contain anti-inflammatory compounds: <ul style="list-style-type: none"> • ginger, cloves, nutmeg • rosemary, oregano • turmeric • cayenne 	Foods that are more likely to trigger an intolerance: <ul style="list-style-type: none"> • dairy • wheat • eggs • artificial flavours or colours (Aspartame, dyes)
<input checked="" type="checkbox"/> Herbs with anti-inflammatory properties: <ul style="list-style-type: none"> • Boswellia, willow bark, feverfew 	Preservatives: <ul style="list-style-type: none"> • MSG, sulphites, sulphates
<input checked="" type="checkbox"/> Beverages: <ul style="list-style-type: none"> • water, tea (white, green, black, Oolong) 	Beverages: <ul style="list-style-type: none"> • tropical fruit juices, alcohol, coffee

Adapted from: Rakel (2007); Rakel and Rindfleisch (2005); Weil (2005); and Mills & Vernon (2002)

Dr. Weil's Anti-Inflammatory Food Pyramid

Note: Food items at the bottom of the pyramid are to be consumed in larger quantities than items at the top of the pyramid.



From: <http://www.drweil.com/drw/u/ART02995/Dr-Weil-Anti-Inflammatory-Food-Pyramid.html>