

Anti-
inflammatory
diet cheat
sheet

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CHEAT SHEET



This sheet gives you the low-down on which foods to ditch and which foods to include if you want to adopt an anti-inflammatory diet. An anti-inflammatory diet is important for improving our overall health, especially for lowering inflammation originating in the gut which is often the root cause of many diseases and ailments. Certain foods can increase inflammation, which we want to avoid or reduce; and certain foods actually have an anti-inflammatory effect on the body, which we want to increase and make the main part of our diet.

This sheet is broken down into the three main macro-nutrients which make up our diet: fats, proteins and carbohydrates. Each meal should ideally consist of these macro-nutrients in order to create a balanced meal. A balanced meal helps to satisfy hunger, stave off cravings and stabilise blood sugar levels so that you aren't reaching for the biscuit tin between meals!

Focus on the anti-inflammatory foods in the right-hand column, and reduce or avoid the pro-inflammatory foods in the left-hand column.

Fats

Pro-inflammatory	Anti-inflammatory
X Trans-fats and hydrogenated fats from fried foods, margarine, ready-meals and takeaways.	✓ Hemp oil, avocado oil and extra virgin olive oil. Use on salads, vegetables, in dressings.
X Excess omega 6 fats: sunflower oil, safflower oil, corn oil and soy bean oil, (large amounts of) roast chicken and peanuts.	✓ Omega-3-rich oily fish such as salmon, trout, mackerel and sardines. Flaxseed oil and flaxseeds also contain omega-3 fats.
X Rancid oils that haven't been stored in the fridge (such as fish oil, flaxseed oil, hemp oil, nuts and seeds).	✓ Brazil nuts, almonds, chia seeds, pumpkin seeds and fish oil. Store nuts and oils in the fridge.
X Excess saturated fats such as fatty cuts of meat and cured meats (bacon, salami, sausages).	✓ Coconut oil. Leaner cuts of meat, oven-baked or steamed, not fried.

Protein

Pro-inflammatory	Anti-inflammatory
X Charred/barbequed meats.	✓ Leaner cuts of meat and poultry (preferably organic & grass-fed).
X Cured and processed meats such as salami, bacon, corned beef and sausages.	✓ Organ meats such as liver (preferably organic).
X Fatty cuts of meat.	✓ Wild-caught oily fish and free-range eggs.
X Excessive amounts of meat and poultry. Stick to the recommended daily intake (RDA) which is 0.8g of protein per kg of body weight (unless you are very active).	✓ Plant-based protein such as lentils, legumes, beans and nuts.

Carbohydrates/Fibre

Pro-inflammatory	Anti-inflammatory
<p>✗ Refined carbohydrates such as white bread, white pasta, biscuits, cakes, bagels, crisps and sugary cereals.</p>	<p>✓ Dark leafy green vegetables and cruciferous vegetables (broccoli, kale, Brussels sprouts, cabbage, cauliflower, rocket, romaine lettuce and spinach).</p>
<p>✗ High sugar foods such as sweets, chocolates and cakes.</p>	<p>✓ A wide range of colourful vegetables such as beetroot, sweet potato, peppers, tomatoes, red onion, carrots, butternut squash and red cabbage.</p>
<p>✗ High fruit intake especially sugary fruits: pineapple, mango and over-ripe bananas.</p>	<p>✓ Lower-sugar fruits such as berries (blueberries, raspberries and strawberries), citrus fruits, apples, pears, apricots, greenish bananas. 1-2 portions per day.</p>
<p>✗ Gluten containing grains such as wheat, spelt, barley, rye and non-gluten-free oats.</p>	<p>✓ Non-gluten grains if tolerated: wild rice, non-GMO corn, buckwheat, quinoa and gluten-free oats. Starchy root vegetables such as potatoes, sweet potato, squash and parsnips.</p>
<p>✗ Large amounts of honey, maple syrup, agave nectar.</p>	<p>✓ A more natural zero-calorie sweetener can be used such as stevia.</p>

Drinks

Pro-inflammatory	Anti-inflammatory
X Excess alcohol	✓ Low alcohol intake (within recommended limits or completely avoid if not tolerated well).
X Excess tea and coffee.	✓ Low caffeine intake (max. 2 cups per day or completely avoid if not tolerated well)
X Fizzy, sugary and energy drinks.	✓ Herbal teas e.g. Rooibos, peppermint, Tulsi, chamomile, raspberry leaf and Hibiscus.
X Artificially sweetened "diet" drinks.	✓ Turmeric latte
X Fruit juices and pre-bottled smoothies.	✓ Homemade smoothies made with lower-sugar fruits and vegetables.

Treats

If we are avoiding processed biscuits, cakes, chocolates and sugary desserts, what can we eat if we want a sweet treat?

- Dark chocolate (minimum 70% cocoa) is a lower-sugar option for satisfying your chocolate craving. Pair with a small handful of walnuts to make it a filling snack
- Coconut or dairy yogurt with berries and stevia to sweeten if necessary
- Fruit and vegetable smoothies also make a good sweet snack
- Stewed apple, sweetened with cinnamon and stevia, topped with coconut/dairy cream

Snacks

Although we are aiming to avoid snacks (to improve digestion), sometimes we just need a little something to get us through the day, especially when we are first changing our eating habits. Here's some suggestions:

- Crudités with hummus, salsa or guacamole
- Slices of turkey
- Apple slices with almond butter

- Olives and cherry tomatoes
- Roasted chickpeas
- Shredded coconut
- Homemade nut and dried fruit mix (use dried fruit sparingly as it's high sugar)
- A couple of squares of dark chocolate (70% cocoa minimum)

What about dairy?

If you tolerate dairy well, then plain organic live full-fat yogurt and organic milk is OK to include in your diet, along with cheese. However, some people find that dairy is pro-inflammatory so they may need to avoid it for a time. Casein, the protein in dairy can trigger the same inflammatory response as gluten. Listen to your body to see how you react to dairy. Some people notice more congestion and mucus in their throat, itchy skin, upset stomach and joint pain when they include dairy in their diet.

Next steps

I hope you've found this cheat sheet helpful. I recommend printing it out and having it handy in the kitchen for a quick reference guide. Have any questions? Please contact me at: claire@clairemmurray.com I'd love to hear from you!

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Disclaimer:

This cheat sheet is for educational and informational purposes only, and is not intended as medical advice. The information contained in this document should not be used to diagnose, treat or prevent any condition or illness. If you suspect you have a health problem, it is recommended that you seek medical advice from your physician before embarking on any program or treatment.