

Anti-Inflammatory Foods to enjoy



Spices/Oils

Turmeric- contains a powerful compound called curcumin that has been compared to having the same effect as hydrocortisone and Motrin.

Ginger- known around the world for its anti-inflammatory effect and also used to relieve colds, motion sickness and nausea.

Extra Virgin Olive Oil- has a rich supply of polyphenols that protect the heart and blood vessels from inflammation. The monounsaturated fats in olive oil are also turned into anti-inflammatory agents by the body.

Avocado Oil- Also contains high heart-beneficial monounsaturated fats, and has a higher smoke point making it better than olive oil for cooking.

Veggies

Shiitake, Maitake, Enoki and Oyster Mushrooms- been known and enjoyed for centuries by the Chinese, these types of mushrooms have anti-inflammatory and immune boosting properties.

Broccoli, Cauliflower- both known to contain anti-inflammatory and anti-cancer phytonutrients such as sulforaphane, which helps the body get rid of potentially carcinogenic compounds.

Sweet Potato- great source of complex carbs, beta-carotene, manganese, vit B6, C and fiber which all work together as powerful antioxidants that help heal inflammation in the body

Spinach- packed full of anti-inflammatory and anti-oxidative flavonoids and carotenoids.

Kelp, Kombu, Wakame and Arame- all contain fucoidan, a brown algae extract, and a type of complex carb that is anti-inflammatory, anti-tumor and anti-oxidative.

Fruits

Papaya- contains papain, a protein-digesting enzyme that together with other nutrients such as vitamin C and E help reduce inflammation and improves digestion.

Pineapple- contains bromelain, an enzyme that aids in healing of indigestion and swelling from trauma. Bromelain is found in many natural anti-inflammatory supplements.

Blueberries, Blackberries, Cranberries, Gogi Berries, Strawberries, and Raspberries- antioxidant powerhouses that are high in phytonutrients that confer anti-inflammatory protection.

Drinks

Green tea- potent flavonoids found in green tea have been shown in numerous studies to be a natural anti-inflammatory compound and able to reduce the risk of heart disease and cancer.

Fish

Wild Salmon- an excellent source of EPA and DHA, two potent omega-3 fatty acids that douse inflammation; also high-quality fish oil supplements will ensure that you get these omega 3 fatty acids.

Sardines, Anchovies and mackerel- also all rich sources of omega 3 fats.

Products Available at Mountain Fitness that help control and eliminate inflammation in the body

Asta Factor- contains astaxanthin, natural anti-inflammatory, used for pain, soreness and also a superior antioxidant.

Tissue Rejuvenator- contains Glucosamine, which can treat long-term pain comparable to Tylenol. Increases joint integrity and mobility, while reducing pain and inflammation. Can replace NSAIDs use.

Barlean's Fish Oil- contains all essential Omega 3- EPA and DHA. Ultra-purified and pharmaceutical grade. Naturally citrus flavored. Used to decrease inflammation, joint and bone health and immune support.

Inflammatory Foods to AVOID



Sugars- excessive sugar intake has been linked to increase risk of obesity, inflammation and chronic diseases such as metabolic syndrome and type 2 diabetes. Sugar has MANY names: corn syrup, dextrose, fructose, golden syrup, maltose, and sorghum are some of the names used. Use natural sweeteners instead like stevia and honey.

Common Cooking Oils- most cooking oils have a very high omega 6 fatty acids and really low omega 3 fats. This imbalance of otherwise healthy fats promotes inflammation and can breed heart disease. Found in polyunsaturated vegetable oils such as grape seed, cottonseed, safflower, corn and sunflower oils. Use extra-virgin olive oil or macadamia oils instead.

Trans Fats- notorious for increasing the levels of “bad” cholesterol and decreasing “good” cholesterol, but they also have been found to promote inflammation, obesity and resistance to insulin. Found in deep fried foods, most fast foods, commercially baked goods that have been prepared with partially hydrogenated oils, margarine and vegetable shortening. ** Note- The US government allows items that have less than 0.5g of trans fats to declare to be trans fat free. Best bet- READ THE LABEL and avoid partially hydrogenated oil or vegetable shortening.

Dairy Products- did you know that as much as 60% of the population can't digest milk? It has actually been found that it is abnormal for humans to be able to digest milk past infancy. Milk is a known common allergen that can trigger inflammation responses such as stomach distress, constipation, diarrhea, skin rashes, and the list goes on and on. Found in the obvious milk products like cheese and butter, but can also be found in breads, cookies, crackers, sauces and cereal. Again READ THE LABEL.

Feedlot Raised Meat- Animals that are raised in feedlots (which is the majority of them) are kept in small, tight spaces and fed with grains. This means they have excess fat from the inability to move, are fed food with high omega 6 fatty acids and low omega 3 fats and are constantly injected with hormones and antibiotics to make them grow faster and not get sick. Unless it is otherwise stated, all beef, pork and poultry you find in supermarkets and restaurants come from feedlots. Look for organic, free range animals to eat instead.

Red Meat and Processed Meat- researchers have found that red meat contains a molecule that humans don't have and in response the body will develop antibodies after ingesting red meat. This triggers an immune response that can trigger an inflammatory response. It has also been found that processed meat that has been smoked, cured, salted or chemically preserved (sausages, ham, salami) has been linked to causing colon and rectal cancer.

Alcohol- regular consumption of alcohol has been known to cause irritation and inflammation of the esophagus, larynx and liver. This chronic inflammation promotes tumors to grow and can give rise to cancer in these areas. Take home message? Enjoy your beverages, just limit your intake responsibly.

Refined Grains- Most of the grains that are available today are refined, this means they have been stripped of fiber and vitamin B and basically full of empty calories. Where are refined grains found? They are found in white flour, white bread, noodles, pasta, biscuits and pastries. They are also often loaded with excess sugar, salt, artificial flavors and/or partially hydrogenated oil in the process. Avoid them by again looking at labels carefully, just because it says 100% whole grain it's doesn't mean they are intact. If you are going to have grains they should be minimally processed.

Artificial Food Additives- Monosodium glutamate (MSG) and aspartame are known to trigger inflammatory responses especially in people who already have inflammatory conditions, such as arthritis. These additives are only found in processed foods, so again read those labels. These additives are used in many restaurants as well, so ask if you want to avoid them.

Food Sensitivities- many people are sensitive to certain foods but are totally unaware of it. Unlike food allergies that come on quickly after consumption, food sensitivities come on slower and take much longer to manifest. The symptoms are usually brushed off as common minor ailments such as tiredness and headaches. But repeated, long-term exposure to food that irritates can cause inflammation and lead to chronic diseases. Common foods that people have sensitivities are the same that people are allergic to, such as gluten, milk, nuts and eggs. If you suspect that a particular food may be responsible for some questionable symptoms, then avoid it completely for about 2 weeks and monitor your body's reaction. At the end of 2 weeks, re-introduce the food back into your diet and look at your body's response again.