

# Quick Guide to an Anti-Inflammatory Lifestyle



Eat a colorful and well-balanced diet.

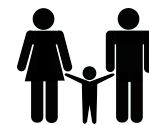
Stay active.

Manage stress.

Get 7-9 hours of sleep per night.

Manage weight.

Spend time with people you love.



## Increase



### Fruits and Vegetables

5+ servings daily

Berries, peppers, sweet potatoes, tomatoes, dark leafy greens, oranges, plums, cherries, squash, etc.



### Omega 3's

2-3 servings weekly

Fatty fish (salmon, tuna, trout), seaweed, flax, walnuts, whole grains, green veggies, fish oil (2-4 g daily).



### Good Fats

Olive oil, avocados, whole nuts, whole seeds.



### Fiber



Legumes (beans, peas, lentils), whole grains (oatmeal, bran, quinoa, spelt, farro, brown rice), avocados, nuts, fruits, veggies.



### Plant Protein

Tofu (soybeans, beans, whole grains, nuts, seeds).



### Herbs & Spices



Ginger, turmeric, cumin, black pepper, garlic, cinnamon, rosemary, cilantro, sage, thyme.



### Desserts

Dark chocolate, fruit, chia pudding.  
Limit sweets.



### Water

8-12 cups daily

## Decrease



### Lard

Baked goods, icecream, french fries, many fast foods, donuts, cookies.



### Refined Carbs

White breads, muffins, bagels, white pasta, white rice, sweetened cereals, fruit juices, instant cereal.



### Processed Meats

Deli meat, hot dogs, bacon, sausages.



### Animal Fats



Pork, beef, chicken w/ skin, lamb, butter, whole milk products, icecream. Favor yogurt, soft cheeses, and Kefir.



### Processed Foods

Chips, crackers, packaged foods, microwave meals.



### Problem Foods for Some People

Dairy, wheat, eggs, artificial colors and flavors, additives.



### Soda, Sweetened Drinks & Alcohol



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