

Anti-Inflammatory Nutrition Guidelines

Proper nutrition plays a vital role in maintaining overall health and adopting a well-balanced diet not only provides essential nutrients for various bodily functions but can also help reduce inflammation, alleviate symptoms, and improve overall well-being. Knowing which nutrients support your body's systems can help you lead a healthier life and reduce your chances of various health problems.

VEGETABLES

Artichoke	Brussels	Cucumbers	Mustard	Rutabagas	Turnip Greens
Arugula	Sprouts	Dandelion	Greens	Scallions	Watercress
Asparagus	Cabbage	Greens	Napa	Shallots	Yams
Avocado	Carrot Tops	Eggplants	Cabbage	Spinach	Zucchini
Beet Greens	Carrots	Jalapeños	Okra	Squash	
Beets	Cauliflower	Kale	Onions	Sweet	
Bell Pepper	Celery	Leeks	Pumpkin	Potatoes	
Bok Choy	Collard	Lettuce	Radicchio	Swiss Chard	
Broccoli	Greens	Mushrooms	Radishes	Tomatoes	

FRUITS

Apples	Cherries	Figs	Limes	Peaches	Pomegranate
Apricots	Clementines	Grapefruit	Melons	Pears	Raspberries
Blackberries	Coconut	Grapes	Nectarines	Pineapple	Strawberries
Blueberries	Cranberries	Kiwi	Oranges	Plantains	
Cantaloupe	Currants	Lemons	Papaya	Plums	

PANTRY STAPLES

Apple Cider	Capers	Coconut Oil	Grapeseed	Salsa	Vegetable
Vinegar	Coconut	Coconut	Oil	Seltzer	Stock
Avocado Oil	Aminos	Water	Olive Oil	Water	Walnut Oil
Balsamic	Coconut	Dijon	Olives Palm	Sesame Oil	
Vinegar	Milk	Mustard	Oil	Tallow	

PROTEIN

Beef	Chickpeas	Garbanzo	Lamb	Shrimp	Tuna
Bison	Cod Eggs	Beans	Lima Beans	Snap Beans	Turkey
Buffalo	(Chicken,	Halibut	Mackerel	Snapper	White
Black	Duck,	Hummus	Mahi Mahi	String	Beans
Beans	Quail)	Kidney	Pork	Beans	Wild game
Chicken		Beans	Salmon	Trout	

BULK FOOD

Almond	Butter	Ghee	Lentils	Quinoa	Sunflower
Butter	Cashews	Hazelnuts	Pistachios	Sesame	Seeds
Almonds	Couscous	Hemp	Pumpkin	Seeds	Walnuts
Arrowroot	Flax Seed	Seeds	Seeds		

HERBS/SPICES

Basil	Chives	Cumin	Monkfruit	Sage	Turmeric
Black	Cilantro	Garlic	Oregano	Sea Salt	
Pepper	Cinnamon	Ginger	Paprika	Stevia	
Chili	Clove	Marjoram	Parsley	Tajin	
Powder	Coriander	Mint	Rosemary	Thyme	

Foods To Avoid

Maintaining a balanced and healthy diet is essential for overall well-being. BUT it's also important to be cautious about foods that could potentially lead to inflammation, worsen existing health conditions, or intensify symptoms.

Refined Carbohydrates and Sugars:

- **White Flour Products:** Items like white bread, pasta, and pastries with a high glycemic index can lead to blood sugar spikes, potentially cause nerve damage.
- **Sugary Foods and Drinks:** Candy, soda, and desserts containing high sugar content can contribute to inflammation and worsen symptoms.

Artificial Sweeteners:

- **Aspartame, Saccharin, and Sucralose:** These artificial sweeteners found in diet sodas, sugar-free products, and low-calorie snacks may increase nerve pain and inflammation in some individuals.

Saturated and Trans Fats:

- **Fried Foods:** Deep-fried snacks, fast food, and processed foods often contain unhealthy trans fats that can promote inflammation and damage nerves
- **High-Fat Dairy Products:** Full-fat milk, cream, and cheese may contribute to inflammation and nerve damage.

Processed Meats:

- **Deli Meats:** Highly processed meats like bacon, sausages, and cold cuts may contain nitrites and nitrates, linked to nerve damage and inflammation.

High Sodium Foods:

- **Canned Soups and Processed Foods:** Foods with high sodium content can lead to water retention and negatively impact in health.

Alcohol:

- **Excessive alcohol consumption** can magnify symptoms, directly damaging nerves and leading to nutrient deficiencies.

- Individuals with gluten sensitivity or celiac disease may experience worsening symptoms if they consume gluten-containing foods like wheat, barley, and rye.