Taylor Health
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Whole Foods/ Anti-Inflammatory Diet

Inflammatory Foods to Avoid

Certain foods seem to promote inflammation and should be avoided. Below is are general guidelines of foods to avoid:

- Processed foods such as commercial baked goods, bars, pre-packaged meals, processed meat (pies, cakes, cookies, ice cream, chips, pizza, frozen dinners, fast food meals)
- Red meat unless grass fed
- Refined grain products such as bread, pasta, rice, etc.
- Deep-fried foods
- Refined sugar and refined sugar products, such as candies and soda
- Certain oils, including corn safflower, soy, peanut, and canola oil
- Roasted nuts

Grocery stores are filled with processed foods and sugary drinks. We encourage you to read food labels and avoid foods that contain ingredients in the families of wheat/grain, corn, dairy, soy, and sugar.

Anti-Inflammatory foods

There are many naturally occurring anti-inflammatory chemical compounds that are found in foods. Fish, vegetable oils, walnuts, flax seeds, leafy green vegetables, are high in omega-3 fatty acids. Below are anti-inflammatory foods that are recommended to add into your daily diet:

- Cold water fish (tuna, salmon, mackerel, sardines, bass, and anchovies) Avoid farm raised fish because there is a higher amount of omega-6 fatty acids, which create inflammation.
- Organic chicken will minimize the amount of omega-6 fatty acids consumed, while serving as a good source of protein
- Fresh and frozen fruits (with no additives) unless carbohydrate intake is being restricted
- Nuts (not roasted or salted)
- Deep green vegetables such as spinach, kale, broccoli, collards, chard, lettuce
- Other vegetables such as cabbage, carrots, cauliflower, celery, onions
- Certain spices including ginger and turmeric
- Some whole grains unless on carbohydrate intake is being restricted
- Green tea, water, mineral water

General Tips and Tricks

- Avoid foods that you are sensitive to, as these can create inflammation.
- Practice proper food combining to aid digestion. Proteins and fats combine well, but protein and carbohydrates do not because they digest at different rates.
- Due to modern agricultural practices, food processing, and cooking, you may not be receiving the nutrients that your body needs to function and heal from diet alone.

- Eat smaller, more frequent meals throughout the day.
- Should you have any additional questions regarding diet, nutrition, and supplementation, we would love to help.

Contact Information

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