

# Living an Anti-Inflammatory Lifestyle

- ◆ Be Active
- ◆ Manage Stress
- ◆ Eat a colorful well-balanced diet
- ◆ Manage Weight
- ◆ Get 7-9 hours of sleep nightly

## SUGGEST DECREASING

### Trans-fats

Partially hydrogenated oils, baked goods (cakes, pie crusts, frozen pizza, cookies), fried foods (donuts, fries)

### Refined Vegetable Oils from Seeds

Soybean, sunflower, safflower, grapeseed, cottonseed, wheat germ

### Sugars and Simple Carbohydrates

*Eat a low glycemic load diet*

White breads, English muffins, bagels, white pasta, instant and white rice, rice, corn, sweetened cereals, sweets like candy baked goods and other desserts, fruit juice

### Processed Meats

Lunch/deli meats, hot dogs, bacon, sausage

### Saturated Fats

Choose lean cuts of meat and trim visible fat (lamb, pork, fatty beef, chicken with skin). Coconut Oil. Limit butter and full -fat dairy

**\*\* It may be worth investigating if you have any food intolerances or sensitivities\*\***

*Foods that may trigger intolerance in some people: Dairy, wheat, eggs, artificial flavor and colors (aspartame, FD&C dyes)*



## SUGGEST INCREASING

### Fruits & Vegetables

Aim for 4-5+ cups per day

**Examples:** Cherries, peppers, carrots, sweet potato, pineapple, squash, peaches, dark leafy greens, broccoli, cabbage, green beans, brussel sprouts, blueberries, blackberries

### Omega - 3's

Aim for 2-3 servings per week

### Fatty Fish

(Salmon, tuna, mackerel), fish oil (2-4 grams daily good quality oil), whole grains, walnuts, green vegetables, eat more omega-3's than omega 6's

### Mono-unsaturated Fats

Oils (olive is best, canola, peanut, rice-bran, sesame), avocados

### Fiber

Legumes (beans, peas, lentils, etc), wholes grains (brown rice, oatmeal, bran cereal), nuts, popcorn, vegetables and fruits.

### Protein

Plant-based (beans, grains, nuts, seeds), lean meats, pea proteins, soy protein

### Herbs & Spices

Paprika, rosemary, ginger, turmeric, sage, cumin, cloves, Jamaican allspice, cinnamon, marjoram, tarragon, green and black tea

### Desserts/Snack

**Limit sweets.** Dark chocolate (70% cocoa or more): less than 100grams a week

*\*\*Consult with your doctor if you could consider: magnesium supplement (320 mg/day women; 420 mg/day men)*

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