

FIGHTING INFLAMMATION WITH FOOD

By Kelli Shallal MPH RD CPT



Inflammation is a love/hate relationship. In moderation, it's a natural process that helps your body heal and defend itself from harm. But too much can become harmful! We can lower inflammation with our diet through a multitude of ways:

- 1. Reduce the amount of added sugar and increase natural sugars.**
 - i. Candy, brown sugar, maple syrup & soda are examples of *added sugars*.
 - ii. Fresh fruit & veggies are examples of *natural sugars*.
- 2. Eat more whole grains to reduce inflammatory response.**
 - i. Brown rice, oats, 100% whole wheat & quinoa are *whole grains*.
- 3. Swap out Omega-6 for Omega-3.**
 - i. Foods such as soybean oil, safflower oil, sunflower, and corn oil are sources of *omega-6 fatty acids*.
 - ii. Foods such as salmon, flaxseeds, chia seeds, and walnuts are sources of *omega-3 fatty acids*.
- 4. Curb alcohol consumption and increase water intake.**
 - i. Every day, drink half your body weight in ounces of water.
- 5. Choose to eat unprocessed meat instead of processed meats.**
 - i. Chicken, beef, pork, and fish are examples of *unprocessed meats*.
 - ii. Deli meats, bacon, and hot dogs are examples of *processed meats*.
- 6. Go for green tea.**
- 7. Don't forget turmeric.**
- 8. Say yes to dark chocolate.**

We can also reduce inflammation by examining our lifestyle choices.

Excess stress and lack of sleep affect inflammation, as well as **carrying excess weight** (particularly in the mid-section), and having **unresolved GI issues** (such as leaky gut and/or food sensitivities).

Inflammatory Foods

- ✗ Added Sugar
- ✗ White Bread/Pasta
- ✗ Soybean Oil
- ✗ Safflower Oil
- ✗ Sunflower Oil
- ✗ Corn Oil
- ✗ Vegetable Oil
- ✗ Alcohol
- ✗ Processed Meats
- ✗ Preservatives
- ✗ Added Chemicals

Anti-Inflammatory Foods

- ✓ All Fruits & Veggies
- ✓ Whole Grains
- ✓ Fish
- ✓ Walnuts
- ✓ Chia
- ✓ Flaxseed
- ✓ Water
- ✓ Green Tea
- ✓ Turmeric
- ✓ Dark Chocolate



ABOUT KELLI SHALLAL MPH RD CPT

Kelli Shallal is a private practice Registered Dietitian with a Master's in Public Health from Loma Linda University and a National Academy of Sports Medicine Certified Personal Trainer. She is the author behind the popular healthy living blog, Hungry Hobby and owner of healthy meal planning company What to Eat? Meal Plans. Kelli's quotes and recipes have been featured on major media outlets including Today's Dietitian, Food & Nutrition Magazine, Good Morning Arizona (3TV), AZTV, Shape, Fitness, Health, Runners World, and Self. Kelli lives in Phoenix, Arizona with her husband Paul, young son Kal, Rhodesian Ridgeback pup Nala, and cat Missy. Find out more about Kelli on her blog www.hungryhobby.net.

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