



TOP INFLAMMATORY AND ANTI-INFLAMMATORY FOODS

Inflammation is a helpful tool that our body uses to help fight off disease. However, it can be dangerous when it is occurring too often or being caused by outside sources. For example, when we eat inflammatory foods, they can cause damage in our gut which can lead to increased intestinal permeability.

Your stomach lining is only one cell thick, which is excellent because it lets nutrients from digested food flow into your bloodstream, while also keeping waste (such as viruses, bacteria, indigestible molecules like dust) from being absorbed.

Inflammation in the gut can severely damage this thin lining that keeps all of the waste out of our system. It loosens the junctions between cells in the lining, which allows harmful waste to pass through. When inflammation from food leads to intestinal permeability, it is a big problem mostly because it's an essential factor in the development of autoimmune diseases.

The best thing to do to support your health is to avoid inflammatory foods as much as possible. You can go a step further and help out your gut by loading your diet up with anti-inflammatory foods.

Top 7 Inflammatory Foods

- Gluten
- Dairy
- Corn
- Soy
- Eggs
- Sugar
- Peanuts and legumes

What can you do?

Consume a diet that is full of foods that fight inflammation is a good place to start. Focus on foods that are very similar to a Mediterranean diet, making it super doable for most people in the western world. I can get all of these things at my local grocery store! It's hard to make excuses when it's accessible, right?

Here's the list to focus on:

- tomatoes
- olive oil
- leafy greens + cruciferous veggies
- fruit, berries + other low glycemic fruits
- citrus – lemons and oranges
- fish rich in omega-3 fatty acids – salmon, sardines, mackerel
- ginger
- garlic
- turmeric



Here's a great Anti-inflammatory Smoothie Recipe:

DESCRIPTION

Help calm your body and fight inflammation by blending up this vibrant anti-inflammatory smoothie that is loaded with vitamins, minerals, fiber, and taste!

INGREDIENTS

- 2 cups baby kale
- 1 small beet (peeled and chopped)
- 1 cup water
- 1 orange (peeled)
- 2 cups mixed berries (frozen)
- 1 cup pineapple (frozen)
- 1 tablespoon fresh ginger (grated or chopped)
- 1 tablespoon coconut oil

INSTRUCTIONS

1. Place baby kale, beet, water, and orange into a blender.
2. Puree until smooth.
3. Add remaining ingredients.
4. Blend again until smooth.

NOTES

- Carrots can be substituted for the beets.
- Mango can be substituted for the pineapple.

NUTRITION

- Calories: 264
- Sugar: 30
- Sodium: 66
- Fat: 8
- Saturated Fat: 6
- Carbohydrates: 47
- Fiber: 8
- Protein: 5
- Cholesterol: 0