

ANTI-INFLAMMATORY EATING

Silent, chronic, widespread inflammation in the body is now recognised as a key driver for degenerative diseases. And what you eat can either dampen or drive this process—in children and adults alike.

what is anti-inflammatory eating?

An anti-inflammatory diet is more than just adding single foods like turmeric or flaxseeds to your diet. A plant-based dietary pattern comprising unrefined foods (with or without some fish or fish oil) is required to maximally reduce inflammatory markers. Your meals should be focused on a variety of vegetables; fruits; legumes, including soybeans and whole soy foods; intact, cracked or rolled grains; nuts and/or seeds, and herbs and/or spices.

Diets rich in animal products such as meat are associated with increased inflammation. Refined plant foods such as cakes, biscuits, processed snacks, sugary drinks, white flour and white rice are equally as harmful.

Even cooking methods matter. Certain chemicals are formed when using high and dry cooking temperature methods like barbecuing or grilling, which can fuel inflammation. Steaming, boiling and stewing are best.

who would benefit?

Research suggests that everyone can benefit by adopting anti-inflammatory eating. This is because inflammation underlies most chronic diseases. While benefits may be obvious for arthritis and inflammatory bowel disease, the latest findings suggest targeting inflammation is also important if you or your loved ones have conditions ranging from heart disease and depression to asthma and multiple sclerosis.



6 anti-inflammatory food swaps

▶ Pro-inflammatory food	▶ Anti-inflammatory food
white bread	wholegrain, sourdough, seeded bread
white rice	brown rice, red rice, wild rice
refined vegetable oils (e.g. safflower or soybean oil)	unrefined oils (e.g. extra virgin olive oil, flaxseed oil and chia seed oil)
red meat	legumes, mushrooms, fish
potato chips	unsalted, unroasted nuts
lollies and sweet pastries	dried fruit, dark chocolate