

Appendix D

Anti-Inflammatory Foods

The foods in this section contain a variety of nutrients that moderate inflammation. Nuts, seeds, and high-fat fish such as salmon contain omega-3 fatty acids that dampen inflammation. Yogurt promotes the establishment of friendly intestinal flora and helps normalize immunity. However, most of the foods listed here quiet inflammation because of the wide variety of phytonutrients (bioflavonoids and carotenoids) they contain. Luteolin (found in green bell peppers and possibly other bell peppers) has an anti-inflammatory effect because it blocks the production of interleukin-6, a powerful promoter of inflammation. Green tea has a very potent anti-inflammatory effect due to its high level of catechin polymers, especially epigallocatechin gallate (EGCG).¹ Citrus flavanoids are found in grapefruit and oranges. Darkly colored fruits are potently anti-inflammatory because they contain high levels of anthocyanidins, so eat plenty of blueberries, cherries, and pomegranates. Resveratrol is found in red grapes and red wine. The vitamin A precursor beta-carotene is found in large amounts in carrots, broccoli, and arugula. Celery and celery seed contain over 20 anti-inflammatory compounds including apigenin.² Although this is a secondary effect of foods that dampen inflammation, the catechins in blueberries and green tea stimulate fat-burning in abdominal fat cells which promotes weight loss especially in the mid-section of the body.³

Most of the foods on this list come from the “Top 40 Superfoods” list in *The Fat Resistance Diet* by Leo Galland, M.D. A * denotes that this food was recommended as an anti-inflammatory food by another expert, Michelle Cook, footnoted below.

Although there are only four types of nuts and seeds on the top 40 superfoods list, other types of nuts and seeds also contain healthy fats that dampen inflammation. Individuals with food allergies should consume a wide variety of nuts and seeds rather than limiting themselves to the types listed here to prevent developing allergies to the nuts and seeds on this list.

Include generous portions of the foods below in your diet every day.

Fruits (Best eaten fresh and raw)

Apples

Blueberries (Use blueberries frozen without sugar if out of season).

1 Galland, Leo, MD, *The Fat Resistance Diet*, (New York: Broadway Books, 2005), 98.

2 Cook, Michelle. “13 Foods that Fight Pain.” <http://www.care2.com/greenliving/13-foods-that-fight-pain.html>

3 Cook, Michelle. “12 Surprising Reasons to Eat More Blueberries.” <http://www.care2.com/greenliving/12-surprising-reasons-to-eat-more-blueberries.html>

Fruits, continued

Cherries (Use cherries frozen without sugar if out of season).
Grapefruit
Oranges
Pomegranates
Red grapes*

Vegetables

Arugula
Bell peppers
Broccoli
Cabbage
Carrots
Celery*
Leeks
Onions
Romaine lettuce
Scallions
Shitake mushrooms
Spinach
Tomatoes

Nuts and Seeds (Raw, not roasted)

Almonds
Flaxseeds
Sesame seeds
Walnuts

Animal Protein Foods

Egg whites
Flounder
Salmon
Sole
Tilapia
Yogurt, plain (Mix in fruit and a little stevia if desired).

Herbs and Spices

Basil
Black pepper
Cardamom
Chives
Cilantro
Cinnamon
Cloves
Garlic
Ginger
Parsley
Turmeric

Beverages

Blueberry juice
Cherry juice
Ginger tea
Green tea
Pomegranate juice
Vegetable juice (mixed or carrot juice)