



Include these anti-inflammatory foods:

- **Fresh vegetables** (all kinds): Aim for a variety of types and colours (a rainbow of veggies provides phytonutrients) – with a minimum of four to five servings per day – especially dark, leafy greens (spinach, kale, Asian greens) broccoli and cauliflower, Brussel sprouts, beetroot
- **Whole pieces of fruit** (not juice that strips them of fibre): Three to four servings per day is a good amount for most people, especially berries and cherries
- **Fatty fish** – such as salmon, trout, sardines, mackerel & tuna
- **Herbs & spices**: turmeric, ginger, basil, oregano, thyme, cinnamon etc.,
- **Healthy fats**: extra virgin olive oil is the best option, avocado oil and the fats found in seeds, nuts, fish
- **Nuts/seeds** – such as walnuts, cashews, almonds, pistachios, pine nuts, chia, hemp
- **Whole grains** – brown rice, amaranth, buckwheat, and quinoa
- **Legumes/beans**: especially black beans, black-eyed peas, chickpeas, lentils, red kidney
- **Drinks**: water, green tea and organic coffee in moderation

Avoid these inflammatory / processed foods

- **Processed meats** – sausages and cold cut meats – ham, salami etc.
- **Refined sugars** – found in soft drinks, cookies, cake, lollies, ice cream, some breakfast cereals
- **Trans fats** – found in deep fried foods, fast foods, commercially baked goods
- **Processed snack foods** – such as chips and crackers
- **Gluten, white bread & pasta** & too many carbohydrates
- **Soybean oil and vegetable oil**
- **Alcohol** in excessive quantities

Easy Food Swaps & Meal Ideas

Breakfast

Instead of white bread (crumpets and English muffins), butter, jam, Nutella, processed breakfast cereals, pancakes and bacon, try:

- Avocado, nut spread (not peanut), banana/cinnamon on rye bread
- Have porridge (whole oats) & berries– sweeten with a small amount of maple syrup or honey
- Organic scrambled / boiled eggs with herbs or turmeric
- Avocado & smoked salmon on whole grain bread
- Granola with Greek yoghurt and berries

Lunch

Instead of hot chips, frozen meals, white bread sandwiches (cold cuts), pasta/potato/Caesar salads try:

- Vegetable frittata with salad
- Salads with a variety of fruit and vegetables – also add brown rice, quinoa and nuts to be more filling – dress with oil and vinegar and spices (not store-bought dressings); replace lettuce with spinach
- Salmon cakes & salad
- Lettuce wraps with salmon or trout, herbs and carrot/cucumber

Dinner

Instead of pizza, pasta, hamburgers, red meat roasts try:

- Try one-tray bakes with fish, lean chicken and vegies (less washing up!)
- Have minestrone soup instead of pumpkin soup - use a variety of vegies & herbs – count how many colours and types you can get in one soup
- Replace side serves of pasta, white rice and potatoes with more veggies, salad or whole grains
- Grill fish and vegies on the BBQ and service with a salad
- Asian soups with salmon and greens

Snacks

Instead of chips, biscuits, cakes, chocolate, try:

- A handful of nuts – roast them or buy roasted for some extra crunch and flavour
- Kale chips – kale, olive oil and a small sprinkle of salt & roast in the oven
- Toasted pita spread, carrots, cucumber with hummus or avocado dip
- Mixed berries and Greek yoghurt
- Grab a piece of fruit

Drinks

Instead of soft drinks and excessive alcohol, try:

- Water with a squeeze of citrus or flavoured with cut up fruit
- Mineral water
- Green tea and organic coffee in moderation