



Anti-Inflammatory Diet: Dietary Tips

Please note that these are general recommendations, and individual needs may vary (e.g., more protein for heart failure, sarcopenia).

Chronic inflammation, a key factor in serious illnesses like heart disease and Alzheimer's, can be influenced by our lifestyle, including our diet. These dietary choices can contribute to reducing chronic inflammation and promoting overall health.

GENERAL TIPS

- Choose a variety of colorful, unprocessed foods.
- Opt for fresh foods over processed, fast food.
- Include plenty of fruits, vegetables, and healthy oils.

CALORIC INTAKE

- Most adults need 2,000 to 3,000 calories daily. Consider the use of a food tracking app to help track these numbers.
- Smaller, and less active people need fewer calories.
- Bigger, and more active people need more calories.
- Balance your calorie distribution: 40–50% from carbs, 30% from fat, and 20–30% from protein.
- Consume your calories within an 11-hour window, allowing your body to repair and replenish overnight.

PROTEINS

- Protein is crucial for various bodily functions. Daily protein intake: 80–120 grams for a 2000 calorie diet. A food tracking app is very useful at determining how much protein you are getting per day.
- Limit animal protein; focus on fish and pastured eggs if choosing animal sources
- Embrace vegetable proteins, especially beans and soybeans.

CARBOHYDRATES

- Carbs provide energy and essential nutrients.
- Aim for 160–300 grams for a 2000 calorie diet. A food tracking app is very useful at determining how much carbohydrate you are getting per day.
- Prioritize vegetables, fruits, and whole grains over refined foods.
- Cut back on flour, sugar, and processed snacks; opt for beans, squashes, and sweet potatoes.

FATS

- Fats are energy sources and come in different forms: saturated, monounsaturated, and polyunsaturated fats.
- Limit saturated fats from red meat, fried foods, and processed goods.
- Limit polyunsaturated fats like canola oil, corn oil, soybean oil, sunflower oil, margarine, vegetable shortening.
- Use olive oil for cooking; consider coconut or avocado oil for higher temperatures.
- Include avocados, nuts, and omega-3-rich foods like salmon in your diet.

