

ANTI-INFLAMMATORY

DIETARY ADVICE

Inflammation is one of the body's natural ways of protecting itself. Our immune system triggers many chemical reactions that help to fight off infections, to increase blood flow to places that need healing, and to generate pain as a signal that something is **wrong with the body**.

However, chronic inflammation occurs when swelling sticks around and your immune system gets set permanently to 'on'. As a result, it constantly releases a flood of chemicals that may damage your cells.

WHAT RESEARCH SHOWS

Recent research suggests that chronic inflammation is associated with modern chronic disease. Medicines like ibuprofen and aspirin can change the body's chemical reactions, but they are not without side effects.

Research shows there is a link between nutrients and inflammatory processes in the body. Some foods are believed to encourage inflammation while others may have an anti-inflammatory effect.

FOODS THAT MAY HELP REDUCE INFLAMMATION

Diets high in some **saturated fats**, found in foods like red meat and butter; and **trans fats** found in many processed foods are believed to trigger inflammation, as well as meal plans that are rich in **refined carbohydrates**, such as white bread and pastries are associated with long-term inflammation.

Foods that may have an **anti-inflammatory effect** are rich in **omega-3 fatty acids**, **antioxidants** and **beneficial plant nutrients**.

INFLAMMATION: THE CULPRITS...

SATURATED FAT

Is found mostly in animal-based foods like red meat and whole-fat dairy products. It's bad because it raises LDL (bad) cholesterol and also because it promotes inflammation throughout the body.

TRANS FATS

Are chemically altered fats often found in crackers, biscuits, and other baked goods. They increase bad cholesterol and promote inflammation even more than saturated fats. That's why we recommend cutting trans fats out of your diet completely.

OMEGA-6 POLYUNSATURATED FAT

The body needs a certain amount of omega-6 each day to function properly, but they may also have inflammatory components. Omega-6 is found in corn, soybean, sunflower, and safflower oils; it's also in packaged goods that list these oils as ingredients.

EAT MORE

Sugar and other simple carbs can make your blood sugar spike; this has been linked with higher levels of inflammation. A high sugar intake may not trigger inflammation on its own but it may worsen the effects of unhealthy fats. In general, aim for a diet that includes fruits, vegetables, whole grains, oily fish and heart healthy fats like avocados and olive oil.

- Omega-3 fats
 - oily fish (salmon, sardines, mackerel and herring), soybeans, walnuts, almonds, tofu, ground flax seed or flax seed oil
- Whole grains
 - brown rice, quinoa, oats
- Cruciferous sprouts, spinach, kale, broccoli
- Allium vegetables
 - onion, garlic
- Yellow, orange and red vegetables
 - peppers, carrots, tomatoes
- Herbs and spices that contain anti-inflammatory compounds
 - rosemary, oregano, ginger, turmeric, cayenne, clove, nutmeg
- Olive oil
- Black and green teas

LIMIT OR AVOID

- Dairy - milk, yoghurt, cheese, butter
- Trans fats - fried foods, frozen foods, packaged snacks, margarine, commercially baked goods
- Refined carbs - pastries, cereal, white bread, white flour, pasta, biscuits, cakes
- Sugar - pastries, desserts, sweets, cakes, sugar-sweetened drinks and fruit juices
- Red meats - beef, pork, lamb
- Processed meats - ham, salami, sausages
- Foods with a long shelf life - crisps, crackers
- Common cooking oils - safflower, corn and sunflower oils (these oils are also used to prepare most takeaway food)

REMEMBER!

Stress can be just as inflammatory to the body as the food we eat. So it's important to experience the benefits of a healthy, anti-inflammatory life.

STRESS-FREE ZONE

Make time to relax and recharge.

MOVE YOUR BODY

Get moving! Helps reduce stress and inflammation.

SLEEP WELL

Aim for 7-9 hours of quality sleep each night.

NOURISH YOUR BODY

Choose whole, nutrient-dense foods that support your immune system.

CONNECT

Spending time with loved ones and doing things you enjoy benefits wellbeing.

SOURCES USED:

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CONTINUED SUPPORT FOR AN ANTI-INFLAMMATORY LIFESTYLE

FOODS TO FOCUS ON

HEALTHY FATS

Avocado, olive oil, nuts, seeds, oily fish (salmon, sardines).

LOW GI CARBS

Quinoa, oats, brown rice, sweet potato, legumes, berries.

COLOURFUL VEG

Aim for a rainbow of vegetables for vitamins & antioxidants.

PLANT PROTEIN

Lentils, chickpeas, tofu, tempeh, edamame, beans.

FIBRE & SEEDS

Flaxseeds, chia seeds, pumpkin seeds, hemp seeds.

BLOOD SUGAR BALANCERS

Cinnamon, turmeric, green tea, apple cider vinegar (with meals).

LEAFY GREENS

Spinach, kale, silverbeet and other greens support detoxification.

HERBAL TEAS

Peppermint, chamomile, spearmint and rooibos support wellbeing.

FOODS TO LIMIT OR AVOID

- Refined sugars and high-sugar foods (soft drinks, sweets, cakes)
- Highly processed and packaged foods
- White bread, pastries and refined grains
- Fried foods and trans fats
- Excess caffeine and energy drinks
- Alcohol (can affect hormones & sleep)
- Crash diets and extreme restriction

Small swaps create big change over time.

LIFESTYLE REMINDERS

- Move your body in ways you enjoy.
- Prioritise 7-9 hours of quality sleep.
- Manage stress daily (even small moments).
- Stay hydrated throughout the day.
- Track your cycle and symptoms.
- Celebrate non-scale victories.
- Be kind to yourself.

Your wellbeing matters every single day.

YOU ARE NOT ALONE

Healing is not a straight line. With consistent support, nourishing food and self-care, you can feel your best and restore balance in your body and mind.

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