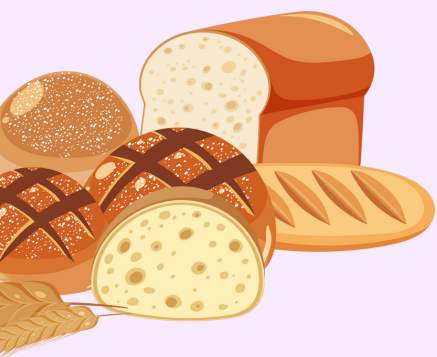


# What foods are inflammatory?

Our vision is to educate the public about inflammatory foods and encourage sufferers of chronic joint pain to make the switch to anti-inflammatory alternatives.



1.

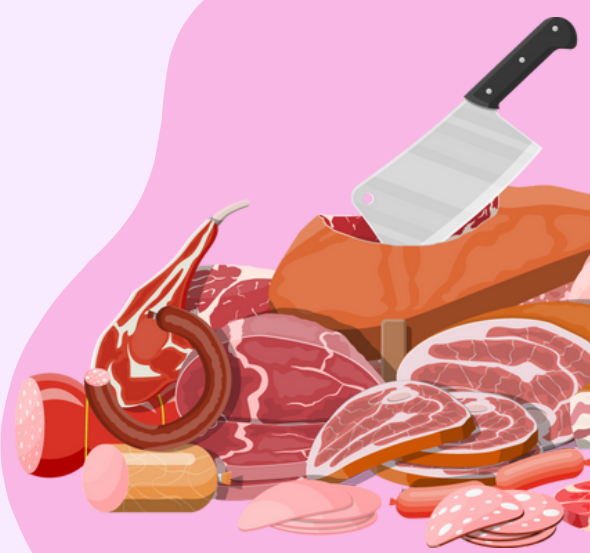
## Refined carbohydrates

Foods like white bread, pastries, and white rice can cause spikes in blood sugar levels, leading to inflammation.

2.

## Processed meats

Processed meats are high in saturated fats and advanced glycation end products (AGEs) and can therefore contribute to inflammation. Avoid packed processed meats such as ham, turkey and salami!



3.

## Foods containing saturated and trans fats

Found in many processed, fatty or fried foods, saturated or trans fats can increase inflammation and raise LDL (bad) cholesterol levels. Sources include fatty meats, cakes, cookies, crackers, fried potatoes, crisps and margarine.



4.

## Vegetable oils

Omega-6 fatty acids found in vegetable oils like corn, soybean, and sunflower oil can promote inflammation when consumed in excess.



5.

## Alcohol

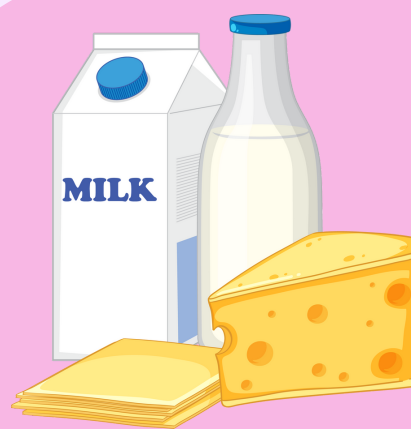
Overconsumption of alcohol can disrupt gut health and promote inflammation throughout the body. Stick to the recommended 14 units per week, split evenly across the days.



6.

## Dairy products

Some people may be sensitive to dairy proteins like casein and lactose, leading to inflammation and digestive issues.



# What foods are inflammatory to some?

Our body's can react to different foods in different ways. Some people may mount an inflammatory response to the following foods...



1.

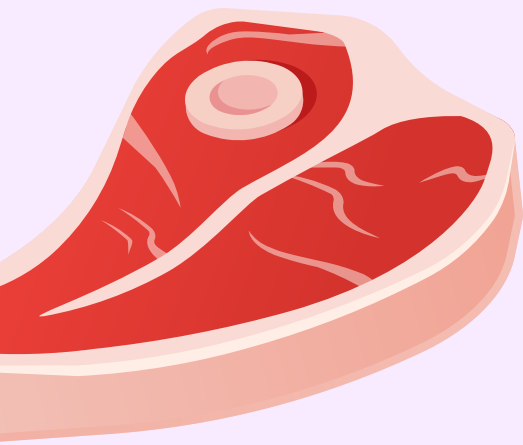
## Citrus Fruits

Citrus fruits contain compounds like citric acid and salicylates, which can trigger inflammation and exacerbate symptoms in individuals with conditions like acid reflux, gastritis, or oral allergy syndrome.

2.

## High Histamine Foods

Foods rich in histamine (aged cheese, fermented foods) can exacerbate symptoms in individuals with histamine intolerance or mast cell activation disorders. These conditions can cause excessive histamine release in response to histamine-rich foods, leading to inflammation, allergic-like reactions, and various symptoms such as headaches, itching, and gastrointestinal discomfort.



3.

## Red Meat

Red meat contains compounds like Neu5Gc and heme iron, which can promote inflammation and oxidative stress in individuals with conditions like cardiovascular disease or certain cancers. Neu5Gc, a non-human sialic acid found in red meat, may trigger immune responses and chronic inflammation in some individuals.

4.

## Nightshade Vegetables

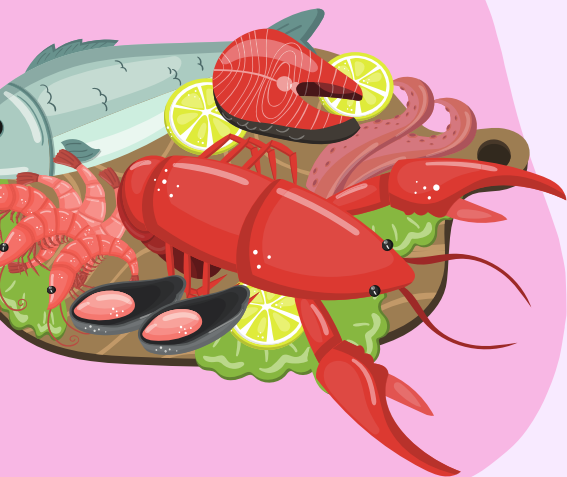
Nightshades (e.g. tomatoes, peppers, eggplants) contain alkaloids, such as solanine and capsaicin, which can exacerbate inflammation in people with certain autoimmune conditions like rheumatoid arthritis or inflammatory bowel disease (IBD). These alkaloids may increase gut permeability and trigger immune responses in susceptible individuals.



5.

## Shellfish

Shellfish can trigger allergic reactions in some individuals, leading to inflammation and potentially severe symptoms. People with shellfish allergies may experience skin rashes, swelling, difficulty breathing, and digestive issues upon consumption.



# What foods are anti-inflammatory?

Now to the real question... what foods are anti-inflammatory in nature? This dietary approach focuses on foods rich in healthy fats, lean proteins, and plant compounds.



## 1.

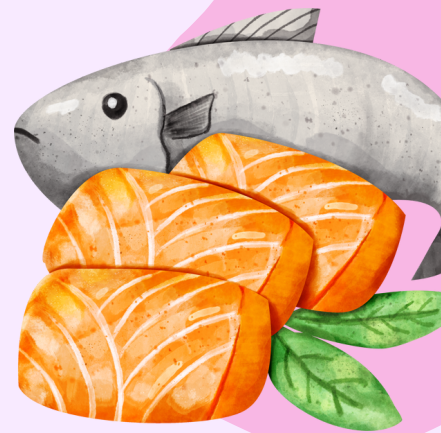
### Olive Oil

Extra-virgin olive oil, with its monounsaturated fats and polyphenols, is considered beneficial. It contains a naturally occurring compound called oleocanthal, proven beneficial for osteoarthritis.

## 2.

### Fatty Fish

Salmon, trout, and sardines, containing omega-3 fatty acids, have potent anti-inflammatory properties. Fatty fish also contain antioxidants such as selenium and astaxanthin, which help reduce oxidative stress. By mitigating oxidative damage, fatty fish contribute to overall inflammation reduction.



## 3.

### Unsalted Nuts

Certain nuts, such as walnuts, are rich in omega-3 fatty acids. Omega-3 fatty acids have anti-inflammatory properties and are known to help reduce inflammation in the body. Moreover, nuts contain various antioxidants, including vitamin E, selenium, and phytochemicals, which help combat oxidative stress and inflammation in the body.



## 4.

### Colourful Fruits and Vegetables

Leafy greens, berries, and avocados contain beneficial plant compounds called phytochemicals that help fight inflammation.



## 5.

### Non-Starchy Vegetables and Whole Grains

Non-starchy vegetables (e.g. broccoli, spinach, kale, asparagus) and whole grains contain fiber, antioxidants, and anti-inflammatory compounds that promote gut health, regulate blood sugar, neutralise free radicals, and reduce inflammation in the body.

