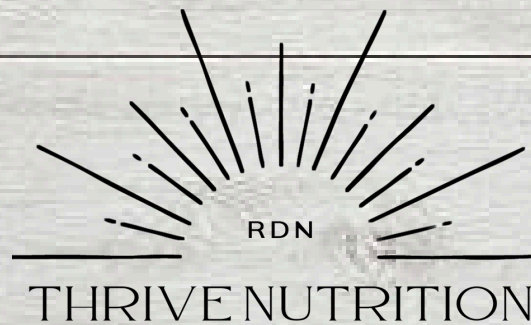


Anti- Inflammatory Foods

Your Comprehensive Guide!





Where to Start

Research-Backed Foods for Naturally Reducing Inflammation



Garlic

Compounds in garlic can help reduce the impact of pro-inflammatory molecules. Consider incorporating garlic into your meal bases, sauces, and dips for added benefits!



Dark Leafy Greens

There are a wide variety of greens out there, pick your favorites & try some new ones to add variety to your meals & your gut-microbiome.



Berries

One of the most potent foods out there for fighting inflammation. They have antioxidants, fiber, vitamin C, & anthocyanins.



Olive Oil

Olive oil is rich in antioxidants and phenolic compounds, which have been shown to reduce inflammation similarly to ibuprofen.



Beans & Legumes

Beans are rich in fiber, protein, antioxidants, and bioactive compounds like polyphenols, which possess anti-inflammatory and antihypertensive properties.



Nuts

Nuts are packed with essential minerals, including magnesium, which offers anti-inflammatory benefits. Regular consumption may also reduce the risk of cardiovascular disease and type 2 diabetes.



Turmeric

Curcumin, the powerful anti-inflammatory and antioxidant compound found in turmeric, can be creatively incorporated into your diet. Try adding it to rice, pasta, or even desserts for a flavorful boost!



Omega-3 fatty acids

Omega-3 fatty acids play a vital role in our health, particularly in regulating inflammation and supporting overall well-being. Incorporating sources like fatty fish, flaxseeds, and walnuts into your diet can help you reap these benefits.



Why it is important?

Inflammation is a crucial response for a healthy body, but chronic high levels can lead to various adverse health outcomes. Managing inflammation is essential for maintaining long-term well-being.

Body's defense



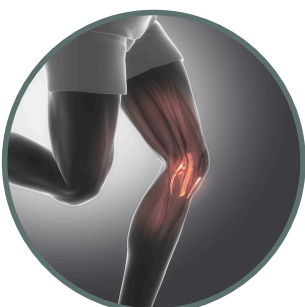
Inflammation is the body's natural response to heal. When there is high levels for too long various health problems may arise.

Disease management



Chronic inflammation has been linked to diseases such as heart disease, arthritis, diabetes, & cancer.

Protect healthy tissue



Chronic Inflammation may damage tissue in the body. To keep cells safe management may be needed.



What can cause it?

There are factors that can contribute to increased inflammation in the body. Here are some examples:



Smoking



Stress



Poor Sleep



**Ultra-Processed
Food**



Let's get to Action!

Now, it is your turn to find ways to improve your inflammatory state. What are some actions you can plan on taking?

How to Tips:



Plan ahead! Meal prepping or a simple food agenda can allow for nutritional success.



Add these foods to any dish or snack. Frozen, fresh, ground, or dried the anti-inflammatory foods can be easily added in.



Choose a variety of foods including mixed nuts, berries, beans, & legumes! Foods with a range of colors & shapes can be beneficial.



Find delicious anti-inflammatory meals & snacks on the EatLove App. Feel free to reach out to Thrive Nutrition RDN for all your nutrition needs!

Recipes

Easy Cashew Curry



Ingredients:

Olive Oil, Large White Onion, Cloves Garlic, Fresh Ginger, Turmeric, Ground Coriander, Smoked Paprika, Curry Powder, Tomato Paste, Vegetable Stock, Coconut Milk, & Raw Cashews

1. Heat a large sautee pan to medium heat. Add the olive oil, then the diced onion. Cook for 7-8 minutes until the onion is translucent and begins to brown slightly.
2. Turn the heat down to low and add the garlic and ginger to the pan. Cook for 1-2 minutes.
3. Next, add the spices, turmeric, coriander, smoked paprika and curry powder. Stir into the onion mixture. Then add the tomato paste and stir again.
4. Next add the vegetable stock, stirring up any browned bits on the bottom of the pan (this is flavor!)
5. Then add the coconut milk and cashews, stir again to combine.
6. Bring the mixture to a simmer, cover and cook for 10 minutes.
7. After 10 minutes check the curry, stir again and crack the lid to allow some steam to escape.
8. Cook for another 10 minutes.
9. Then, turn off the heat and add a pinch of salt if desired.
10. Serve with brown rice, flatbread and sauteed greens for an anti-inflammatory packed meal.

For more go to <https://thrivenutritionrdn.com/cashew-curry/>
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Recipes

Fall Flavors Salad with Spinach, Sweet Potato & Pomegranate



Ingredients:

Salad: Sweet Potato, Baby Spinach, Pecans, Pomegranate Arils, Parmesan, Olive Oil, Kosher Salt, Ground Black Pepper

Dressing: Balsamic Vinegar, Olive Oil, Dijon Mustard, Honey, Kosher Salt, & Ground Black Pepper

1. Start by roasting your sweet potato. Preheat oven to 400° F, get a large [sheet tray](#) out and set aside. Peel and dice the sweet potato into 1-inch dice.
2. Place the diced sweet potato onto your [sheet tray](#) and top with 1 tbsp olive oil, kosher salt and pepper. Place into the oven and roast for 25-30 minutes until just starting to brown and crisp, stirring halfway. Allow the sweet potato to cool for at least 10 minutes before adding to the salad. (If it is hot it will wilt the spinach!)
3. While the sweet potato roasts, prepare the rest of the salad. Place the baby spinach into a large bowl. Add the pomegranate arils and pecans and using two spoons, toss together.
4. Next, mix up the dressing. Add all the ingredients into a [mason jar](#), pop a lid on and give it a shake. Or, add the ingredients to a small bowl and whisk together. Set aside.
5. After the sweet potato has cooled, add to the salad mixture.
6. Next, pour over 3/4 of the dressing and toss the salad together. Taste for seasoning and add more dressing if you'd like.
7. Lastly, using a peeler, shave thin pieces of Parmesan cheese to top the salad. Enjoy!

For more go to <https://thrivenutritionrdn.com/fall-flavors-salad-with-spinach-sweet-potato-pomegranate/>

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Recipes

Raspberry Mango Sorbet



Ingredients:

Frozen Mango, Frozen Raspberries, Lime Juice, Honey, & Water

1. In the bowl of a [food processor](#) add the frozen fruit, lime juice, honey and 2 tablespoons warm water.
2. Process for 1-2 minutes then stop and scrape down the bowl. At this point you will likely need to add a few more tablespoons of warm water to help break up the frozen fruit.
3. Process again for another 1-2 minutes until the fruit mixture becomes smooth.
4. Tip: A little patience is key with this recipe! Sometimes it is helpful to let the mixture thaw for a minute or two and then process again to get the smooth consistency of a sorbet.
5. After the mixture becomes smooth and cohesive, put the sorbet into a freezer container and place into the freezer for at least 30 minutes (if you can wait that long!)

For more go to <https://thrivenutritionrdn.com/raspberry-mango-sorbet/>



Recipes

Rainbow Crunch Salad with Miso Dressing



Ingredients:

Salad: Green Cabbage, Purple Cabbage, Grated Carrots, Scallions, sliced, Bell Pepper, & Shelled Edamame

Miso Dressing: White Miso Paste, Garlic Clove, PB Fit, Soy Sauce, Sesame Oil, Rice Wine Vinegar, Honey, Water, & Chili Paste

1. Add all the salad ingredients to a large [mixing bowl](#). Using two spoons, toss the vegetables together. Set aside.
2. In a medium-sized [mixing bowl](#), add all the ingredients for the miso dressing. Whisk together until no lumps remain.
3. Pour the dressing over top of the vegetables. Use the spoons to toss the vegetables and dressing together.
4. Top with sliced almonds, roasted cashews or pepitas if you'd like extra crunch!

For more go to <https://thrivenutritionrdn.com/rainbow-crunch-salad-with-miso-dressing/>

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