



Anti-Inflammatory Dietary Guide

This guide was developed with the assistance of Jefferson master's students of nutrition

Anti-Inflammatory Dietary Guide

It's important to look for foods high in Omega-3 fatty acids, fiber and antioxidants to help reduce inflammation. It is also good to look for whole-grain options.

Produce

- Sweeties Mini Peppers: More colors = more variety of vitamins, minerals and antioxidants
- Butternut squash: Good source of potassium and fiber; great source of Vitamin C
- Leafy greens (kale, spinach, arugula) : A great source of many vitamins that reduce inflammation.
- Tomatoes: Good source of antioxidants
- Fruit: Good source of antioxidants
 - Blueberries, strawberries, blackberries

Pantry Staples

- **Bulk** Nunez de Prado olive oil (PLU #60525)
- Field Day extra virgin olive oil
- Field Day Organic marinara pasta sauce (high in antioxidants)
- **Bulk** Organic turmeric powder (PLU #66480): Turmeric is a powerful anti-inflammatory.
- Peanut butter (unsalted) Low in saturated fat; high in magnesium, vitamin B-6, and vitamin E
 - **Bulk** Organic unsalted peanut butter (PLU #60298)
 - Field Day Organic smooth and unsalted peanut butter
- Grains
 - **Bulk** Brown California jasmine rice (PLU #63037); long grain brown Rice (PLU # 63035); California brown and short grain brown rice (PLU # 6502)
 - **Bulk** Tricolor, red and white quinoa (PLU #60589): A whole grain and a good source of protein, antioxidants and fiber
- **Bulk** French lentils (PLU #6571)
- **Bulk** Green Lentils (PLU # 6561): Great source of fiber, protein, B vitamins and minerals
- Canned Fish: an affordable protein option that's packed with iron, B vitamins, protein, potassium, calcium and Omega-3 fatty acids
 - Field Day salted and no salt skipjack tuna
 - Cento Sardines

Breakfast

- Weavers Way grab 'n' go nova bits: High in omega-3 fatty acids
- Field Day organic vanilla blueberry granola: Contains blueberries, a great source of antioxidants, and flax seeds, which are high in fiber and omega-3 fatty acids.
- Low fat yogurt: A good source of probiotics, which help reduce inflammation
 - Fage Total 0% and 2% Greek yogurt
- Eggs: A good source of protein and vitamin D
 - Nature's Yoke Legacy eggs
- Whole grains
 - A good source of fiber, vitamins and minerals
 - **Bulk** Organic flax seeds (PLU #6220)
 - **Bulk** Organic rolled oats (PLU #60244)
 - **Bulk** Quick oats (PLU #63006)
 - Nature's Path cornflakes
 - Field Day organic wheat squares
- Brown rice
 - **Bulk** - Brown California jasmine rice (PLU #63037), long grain brown rice (PLU # 63035), California brown and short-grain brown rice (PLU # 6502)

Lunch/Dinner

- Koch's Turkey - White ground turkey
 - Lean protein source that is lower in saturated fat when compared to ground red meat.
 - Can be used as a substitute in recipes that use ground red meat.
- Whole grain breads
 - Dave's Killer Bread 21 whole grain bread (Whole grains and Good Seeds)
 - Arnold Whole Grain healthy multigrain bread
 - Metropolitan Bakery multigrain sourdough boule
- Fish
 - Smoked salmon
 - Duck Trap smoked salmon
 - Cod
 - Tuna
- Field Roast plant-based apple sage sausage and hot dogs

More on back

Snacks/Sweet Treats

- Nuts
 - **Bulk** Walnut halves (raw) (PLU # 6153): Walnuts are considered one of the greatest sources of Omega-3 fatty acids
 - **Bulk** Nut & Seed Mix (PLU # 6308): Good source of healthy fats, fiber and protein
 - **Bulk** Raw (PLU #6001) and roasted (PLU #6615) almonds
 - **Bulk** Mixed Nuts (Roasted and Unsalted) (PLU # 6007)
 - **Bulk** Chocolate Almond Trail Mix (PLU # 60836): Good source of heart-healthy fats and protein from different nuts
 - **Bulk** Antioxidant Trail Mix (PLU # 60374): Great source of antioxidants

- Dips
- Hummus: Chickpeas are high in fiber and phytonutrients, which can help to possibly reduce inflammation
 - Weavers Way garlic hummus: Low sodium and a good source of fiber
 - Wakim Foods Hommus with Roasted Peppers or Old Fashioned Hommus
 - Cava Roasted Red Pepper Hummus
- Field Day organic mild or medium salsa: Tomato products have anti-inflammatory effects
- Chips
 - Harvest Snaps Lightly Salted: 5g fiber/serving, low sodium, 5g protein
 - Food Should Taste Good multigrain chips: Flax seeds are a good source of omega-3; high oleic sunflower oil is a heart healthy fat

Beverages

- Kombucha: Great source of antioxidants
- Health Aid kombucha: Comes in a variety of flavors!