

Anti-Inflammatory Eating in 12 Steps



| Start by ADDING | Goal | Tips and Info |
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| Step 1 | Add fruit to every meal | Try to make one fruit berries |
| Step 2 | Add veggies to lunch and dinner | Include greens (kale, spinach, arugula, beet greens, collard greens, etc) |
| Step 3 | Add one cooked and one raw veggie to lunch and dinner | Include cruciferous veg (broccoli, cauliflower, bok choy, Brussels sprouts, arugula, watercress) |
| Step 4 | Add legumes to 3-4 days during the week | Legumes are beans, peas, and lentils |
| Step 5 | Add one or more servings of legumes every day | |
| Step 6 | Add one serving of whole grains every day | Whole grains include brown rice, wild rice, oats, quinoa, corn, whole grain flour products |
| Step 7 | Add a whole grain and or starchy veg to every meal | Starchy veg examples are potatoes, corn, and winter squash |
| Step 8 | Accent meals with healthy fats | An accent means: ¼ avocado, 1-3 tsp nuts/seeds, 5-8 whole olives |
| Step 9 | Add fresh or dried herbs and spices as often as you can | Turmeric, ginger, rosemary and clove are especially anti-inflammatory. All spices offer benefit, so get creative! |
| Begin to replace and reduce | | |
| Step 10 | Remove dairy | Use dairy alternatives for milk, yogurt and cheese. Caution: dairy free cheese is still high in fat and should be used sparingly |
| Step 11 | Use legumes or whole food transitional product in place of meat as often as you can | Transitional products: veggie burger, tofu based products, seitan, etc |
| Step 12 | Remove or greatly reduce the use of oil | Sautee with water or veggie broth. Roast veggies on parchment paper and watch for oils on food labels |
| <p>Do the steps in any order you like. Going 100% plant based is great. But even if you have animal product or more processed foods at 2 meals per week, you are still plant based 90% of the time!</p> | | |