

# A Quick and Dirty Guide to an Anti-inflammatory Diet

Most inflammatory



- Sweets, desserts, candy
- Fried foods
- Liver and other organ meats
- Fruit juice
- Refined grains (white flour)
- Cream
- Butter, lard (avoid shortening)
- Cheese
- Corn and white potatoes
- Lamb and veal

Eat only occasionally and in limited quantities

- Whole grain cereals and breads
- Whole grains
- Beans and legumes
- Whole fruit
- Poultry and eggs
- Low-fat dairy
- Lean pork and beef
- Nuts and seeds
- Avocado
- Olive oil

May be eaten regularly in moderate quantities

- Berries
- Citrus fruits
- Flax
- Fish and shellfish
- Leafy greens & colorful vegetables
- Chili peppers
- Garlic, ginger, curry
- Turmeric

May be eaten frequently and freely

Most Anti-inflammatory

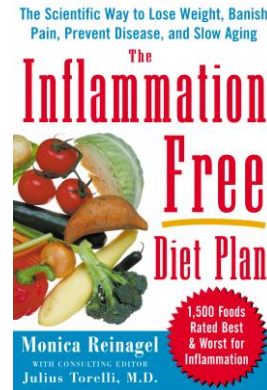
## Inflammation Free Recipes

Recipes from *The Inflammation Free Diet Plan*, by Monica Reinagel, MS, LD/N (McGraw, 2006)

### Asian Broccoli and Ginger Salad

4 servings

12 almonds, coarsely chopped  
1 tablespoon canola oil 1 tablespoon soy sauce  
2 tablespoons lemon juice  
2 tablespoons seasoned rice wine vinegar  
2 teaspoons grated fresh ginger root  
1 teaspoon grated lemon zest  
1 teaspoon ground pepper  
1/2 clove garlic, minced  
4 cups broccoli florets  
3 scallions, thinly sliced



1. Using steamer basket, steam broccoli over boiling water until just tender, 5 to 7 minutes. Run broccoli under cool water to stop cooking and drain.
2. Heat medium skillet over medium heat. Add almonds and 1/2 teaspoon of oil to hot pan. Cook, stirring frequently, until nuts are just toasted, 3 to 4 minutes. Add 2 teaspoons of soy sauce and stir until coated. Remove from heat and cool.
3. Whisk together juice, vinegar, ginger, zest, pepper, remaining soy sauce, and garlic in medium bowl. Add remaining oil to liquid in a thin stream, whisking briskly.
4. Add broccoli and scallions to dressing and toss to coat. Sprinkle with toasted nuts.

### Rosemary Sweet Potato Salad

4 servings

2 tablespoons raisins or currant  
1/2 cup hot water  
1 1/2 pounds sweet potatoes  
1 red bell pepper, seeded and thinly sliced  
1/2 cup thinly sliced red onion  
1/4 cup chopped parsley  
1 teaspoon lemon zest  
2 tablespoons lemon juice  
2 tablespoons canola oil  
2 teaspoons chopped fresh rosemary leaves (or 1/2 teaspoon dried)  
1/4 cup sliced almonds

1. Pierce with a fork and bake sweet potatoes at 400 degrees until soft, about 45 minutes. When cool enough to handle, peel and cube.
2. Soak raisins or currents in hot water for ten minutes and drain well.
3. Combine potatoes, red pepper, onion, parsley, zest and raisins or currants in large bowl.
4. Combine juice and rosemary in small bowl. Add oil in a thin stream, whisking briskly. Pour over potato mixture and toss gently to coat.
5. Toast almonds in dry skillet over medium heat until just toasted, about 5 minutes. Sprinkle over salad.

For more information on inflammation, diet, and health, visit: [www.InflammationFreeDiet.com](http://www.InflammationFreeDiet.com)

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