- Foods / Inflammation

30 DAYS TO Anti-Inflammatory Diet

ANTI-INFLAMMATORY FOOD SWAPS

Words: Rob Hobson

You don't have to avoid all your favourite foods when following an anti-inflammatory diet, just swap to healthier versions...



MILK CHOCOLATE
DARK CHOCOLATE
Dark chocolate has a higher cocoa content than milk chocolate, meaning it's rich in antioxidant flavonoids that can help to reduce inflammation.



CRISPS
HOMEMADE VEGETABLE CRISPS
Crisps are high in saturated fat that can contribute to inflammation in the body. Switching to homemade vegetable crisps means you can use olive oil, as well as getting the nutritional benefit of vegetables like beetroot and parsnips.



GRANOLA BAR
A HANDFUL OF NUTS AND RAISINS
These bars are notoriously high in refined sugars that can contribute to inflammation, unlike nuts and raisins.



WHITE PASTA
WHOLEMEAL PASTA
White pasta is quickly broken down into glucose and that then triggers a more extreme insulin response from the body and results in an increased level of pro-inflammatory markers.



SUGARY BREAKFAST CEREAL
HOMEMADE GRANOLA
Many breakfast cereals are high in sugar (even the 'healthier' ones), so make your own granola using oats, nuts, dried fruit and a small amount of honey.



BUTTER
AVOCADO
Butter is high in saturated fat and can increase levels of bad cholesterol, which is associated with increased inflammation. Blitz the avocado down to use as an alternative spread.

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FRUIT CRUMBLE WITH CUSTARD

GRILLED PEACHES TOPPED WITH NUTS, SEEDS AND YOGHURT

Fruit crumbles can be made healthily but are often loaded with sugar, unlike grilled fruits topped with yoghurt.



PROCESSED LUNCHEON HAM

FRESH COOKED CHICKEN BREAST SLICES

Processed meats are high in nitrates that can be converted into harmful nitrosamines associated with inflammation, so switch them for fresh cooked chicken breast slices.



SUGARY SOFT DRINKS/SODAS

SPARKLING WATER WITH FRUIT OR CUCUMBER

Many soft drinks and sodas can contain almost 10 tsp of sugar, so switch them out in favour of sparkling water and fruit with zero added sugar.



DOUBLE CREAM/HEAVY CREAM

LOW-FAT GREEK YOGHURT

Double cream is rich in saturated fat that can increase bad cholesterol – associated with inflammation – so switch to low-fat Greek yoghurt that makes a perfect healthy alternative.



ICE CREAM

FROZEN BANANA ICE CREAM

Ice cream is high in sugar and saturated fat, both of which are associated with inflammation. So switch to frozen bananas blitzed in a food processor for a natural alternative (add raw cacao powder for a chocolate version).



GAMMON STEAK

LEAN GRILLED BEEF FILLET STEAK

Cooking processed meat at high temperatures can lead to the formation of heterocyclic amines that can exacerbate inflammation, so switch to grilled fillet of beef instead.



FRIED CHIPS

BAKED SWEET POTATO WEDGES

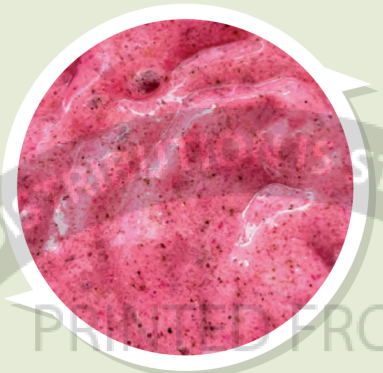
Fried chips are loaded with saturated fat, and the situation is made worse if the cooking fat has been used before. Switch to baked sweet potato wedges, which are high in antioxidant carotenoids.



DEEP FRIED WHITE FISH IN BATTER

GRILLED SALMON FILLET

Deep fried fish is high in saturated fat and highly refined white flour, both of which are associated with inflammation, so switch to a grilled salmon fillet, rich in anti-inflammatory omega-3 fatty acids.



FRUIT YOGHURT

YOGHURT BLENDED WITH FROZEN BERRIES

Fruit yoghurt may seem healthy, but it can have high amounts of added sugar, so switch to plain low-fat yoghurt blitzed with berries for a lower sugar alternative.

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