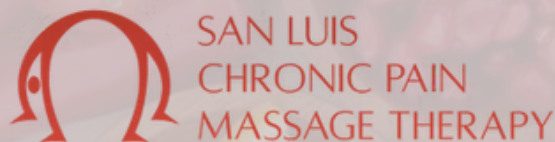


ANTI- INFLAMMATORY DIET GUIDE

foods and recipes to inspire
wellness and ease tension

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DEROSE THERAPY GROUP





HI THERE!

MY NAME IS GABRIELLA

I have been on an inflammation fighting journey since I was a child. Various genetic conditions led to repeated injuries, pain, and inflammation that left me with few options for sustainable management. With treatments not working and feeling as though my family and I were left with more questions than answers, I took matters into my own hands.

I began researching how to lower inflammation naturally, without harsh pharmacological intervention. Food and lifestyle are both a major cause and a primary treatment for fighting inflammation across the lifespan. Thus, began my journey into the nutrition and health sciences and becoming a registered dietitian.

Now, over a decade of studies, degrees, credentials, practice, and personal trial and error, I can confidently report that I have never felt better and leading an anti-inflammatory lifestyle has never been easier with the options available today. This guide offers practical ways to incorporate disease fighting, wellness promoting foods into your daily life.

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WHAT IS INFLAMMATION?

Inflammation is the collection of cellular responses to potential threats like infection, injury, allergy, disease, or exposure to carcinogens. If our nervous system senses something is amiss in the body, it activates various defenses to neutralize any damage that may have occurred.

The immune system is made up of cells that identify, flag, attack, and help heal damaged cells. The immune system can sometimes overreact, in the case of autoimmune disorders and allergic responses. However, the immune system primarily keeps us healthy and safe from illness.

The heat commonly associated with inflammation is the activation of the circulatory system, increasing blood flow to an affected area. The lymphatic system is also activated to bring in immune cells and carry away excess fluid and waste. This can cause swelling, or fluid retention, and stiffness. Chronic illness will occur if our cells are recurrently damaged and inflamed. Pro-inflammatory foods, substances, or behaviors like fried, processed foods, alcohol, or sedentary lifestyle, in combination with genetic susceptibility increase systemic inflammation.

THE POWER OF ANTIOXIDANTS

Antioxidants are chemical compounds that are naturally and abundantly occurring in plants, animals, fungi, and probiotics. Their specific chemical structures help neutralize “oxidative stress”. Oxidative Stress occurs when “reactive oxygen species” or “free radicals” affect a cell, causing damage and initiating an inflammatory response.

Over time, if we are exposed to too many free radicals, this puts stress on our cells and starts to cause disease and metabolic or hormonal imbalances.

Illness, pain, and disease, is the indication of overwhelming levels of cellular damage. Chronic illnesses, autoimmune conditions, and acute sickness,

like colds and flus, require additional antioxidants to fight inflammation & get well.

Antioxidants are found in colorful, flavorful plant foods like fruits, veggies, herbs, teas, and even coffee and chocolate. Making sure your diet is rich in diverse plants and whole animal proteins ensures you will have plentiful antioxidants to protect, heal, and prosper.

They are sometimes added as preservatives to maintain freshness. You may frequently come across tocopherols or vitamin E, ascorbic acid or vitamin C. But it's best to get antioxidants from whole, minimally processed foods, rather than additives.



CARBOHYDRATES

We should aim for 35-50% of total dialy calories coming from minimally processed, nutrient dense whole carbohydrate foods. The glucose from carbs are our brain's preferred energy source and is essential for all cellular functions. Inadequate carb intake leaves us lethargic, moody or depressed, insatiably hungry, and stunts our metabolism

WHOLE GRAINS

- brown rice
- quinoa
- oats
- corn
- polenta
- wheat berries
- buckwheat
- barley
- amaranth
- black rice
- wild rice
- spelt
- bulgur
- masa
- freekeh
- triticale
- sorghum
- millet
- sorghum
- teff



STARCHES

- sweet potatoes
- potatoes - red, gold, purple
- peas
- chickpeas
- pumpkin
- whole wheat pasta
- protein pasta
- beans
- bananas
- corn
- cooked carrots
- winter squash



FRUITS & VEGGIES

- strawberries
- guava
- mango
- grapes
- blueberries
- pineapple
- acai
- papaya
- apples
- pear
- bananas
- persimmon
- broccoli
- kale
- spinach
- cauliflower
- artichoke
- beets
- herbs
- mushroom
- microgreens
- turmeric
- radish
- arugula



PROTEINS

Proteins are the building blocks of every cell, hormone, neurotransmitter, and enzyme in our bodies and in nature. We need proteins from our diets to form these structures and maintain functional health. Protein needs depend on size, activity, and condition. Excessive protein intake is strongly linked to higher intake of saturated fat, metabolic syndrome, and inflammation.

PLANT-BASED

- black beans
- quinoa
- organic tofu
- chia seed
- flax seed
- edamame
- split peas
- spirulina
- chickpeas
- sunflower seeds
- walnuts
- mung beans
- peanut butter
- brown rice
- green peas
- nutritional yeast
- lentils
- buckwheat
- amaranth
- protein pasta
- kidney beans
- hemp seeds



DAIRY

- plain yogurt
- greek yogurt (plain)
- skyr
- kefir
- eggs (2 per serving)
- mozzarella
- cottage cheese (low fat)
- lactose free milk
- fresh cheese
- aged cheese



MEAT

1 serving = 3-4 oz

- oceanic fish
- chicken (thighs or breast)
- turkey
- shellfish
- fresh water fish
- beef (moderate)
- lean pork (moderate)
- lamb (moderate)



Moderate = 1 serving per week or less

FATS

Despite fat's stubborn reputation, it is an essential part of our body. The brain is made up of 60% fat! We need diets rich in essential fatty acids, omega-3 and omega-6, to maintain cellular function. The average American diet has excess saturated fat, contributing to chronic illness, metabolic syndrome, and heightened inflammation. Increase omega-3 rich, unsaturated fats and limit processed, fatty foods as much as possible.

OMEGA-3S

- flaxseed oil
- cod liver oil
- chia seed
- mackerel
- wild salmon
- sardines
- anchovies
- oysters
- raw olive oil
- sardines
- edamame
- soy products
- walnuts
- caviar
- olives
- hemp seeds
- egg yolks



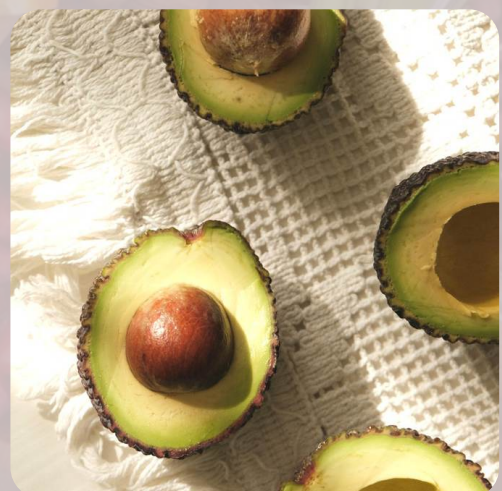
COOKING OILS

There has been much conversation about the role of seed oils and inflammation. As of now, there is no substantial evidence to suggest that seed or vegetable derived oils cause cellular increased damage.

There is an observed correlation between abundant intake of highly processed foods that contain seed oils and negative health outcomes, like inflammation, but this is due to an overall unbalanced diet, not a singular ingredient.

UNSATURATED FAT

- fluid cooking oils
- avocados
- almonds
- sesame seeds
- chia seeds
- macadamia nuts
- peanuts & peanut butter
- full fat greek yogurt
- kidney beans



FRUITS & VEGGIES

Fruits and veggies are the most abundant source of antioxidants. They give us a mixture of soluble and insoluble fiber as well as plentiful vitamins and minerals to keep us nourished and hydrated throughout the day. Anti-inflammatory protocols recommend upwards of 6 to 8 servings per day.

FRUITS

- strawberries
- guava
- mango
- grapes
- blueberries
- pineapple
- acai
- papaya
- apples
- pear
- bananas
- persimmon
- cherimoya
- apricot
- blackberries
- cherries
- figs
- melons
- nectarine
- peaches
- pomegranate
- lychee
- cranberries
- prickly pear



VEGGIES

- broccoli
- kale
- spinach
- cauliflower
- artichoke
- beets
- herbs
- mushroom
- microgreens
- turmeric
- radish
- arugula
- asparagus
- bok choy
- zucchini
- onion
- broccolini
- brussel sprouts
- cabbage
- green beans
- eggplant
- parsnip



HERBS

- chilis
- ginger
- cilantro
- coriander
- dill
- parsley
- basil
- mint
- oregano
- lemongrass
- thyme
- fennel
- licorice
- rosemary
- rose
- lavender
- lemon balm
- garlic
- turmeric
- frankincense
- fenugreek
- cinnamon



RECIPES & RESOURCES

- [Sweet Potato Nourish Bowl with Chickpeas](#)
- [Roasted Chickpeas](#)
- [Golden Milk \(Turmeric Latte\)](#)
- [One-Pan Balsamic Chicken with Root Vegetables](#)
- [Garlic & Herb Mashed Sweet Potatoes](#)
- [Lemon Herb Chicken with Roasted Vegetables](#)
- [Tuna and Avocado Mediterranean Salad](#)
- [Beet and Citrus Salad](#)
- [Chocolate Frozen Bananas](#)
- [Date and Blueberry Tarts](#)
- [Black Bean Buddha Bowl with Creamy Cashew Dressing](#)
- [One Pot Turmeric Veggie Soup](#)
- [Spaghetti Squash Alfredo](#)
- [Chia Pudding](#)
- [Add antioxidants to your diet](#)
- [*The good and bad of antioxidant foods: An immunological perspective*](#)
- [Is Dairy Arthritis-Friendly?](#)
- [Unsaturated Fats](#)
- [Influence vs. Evidence: The Science Supporting Seed Oils](#)
- [Five things to know about seed oils and your health](#)
- [Anti Inflammatory Diet](#)
- [Overview of anti-inflammatory diets and their promising effects on non-communicable diseases](#)
- [The Truth About Anti-Inflammatory Diets: What Works, What Doesn't, and How to Eat for Rheumatic Health](#)
- [What Is an Anti-Inflammatory Diet?](#)
- [Can Diet Help with Inflammation?](#)
- [Groceries to Ease Chronic Inflammation](#)



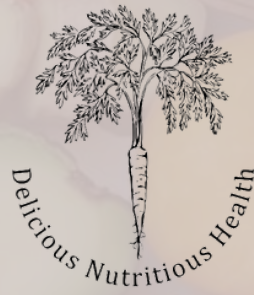
“

Keeping your body
healthy is an
expression of
gratitude to the
whole cosmos — the
trees, the clouds,
everything.

-

Thich Nhat Hanh

T H A N K Y O U !



BON APPETIT!

Inflammation is caused by a number of factors, and there are endless foods that can be incorporated to help combat ailment and pain. Incorporating more of the foods and recipes featured in this guide will help you on your journey of wellness. Working with a registered dietitian can build a sustainable, personalized plan that suits your unique tastes and needs.

BOOK A SESSION TODAY!

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