

THE ANTI-INFLAMMATORY DIET

GENERAL

- Aim for variety.
- Include as much fresh food as possible
- Minimize your consumption of processed foods and fast food.
- Eat an abundance of fruits and vegetables.

CALORIC INTAKE

- Most adults need to consume between 2,000 and 3,000 calories a day.
- Women and smaller and less active people need fewer calories.
- Men and bigger and more active people need more calories.
- If you are eating the appropriate number of calories for your level of activity your weight should not fluctuate greatly.
- The distribution of calories you take in should be as follows: 40 to 50 percent from carbohydrates, 30 percent from fat, and 20 to 30 percent from protein.
- Try to include carbohydrates, fat, and protein at each meal.

CARBOHYDRATES

- On a 2,000-calorie-a-day diet, adult women should eat about 160 to 200 grams of carbohydrates a day.
- Adult men should eat about 240 to 300 grams of carbohydrates a day.
- The majority of this should be in the form of less-refined, less-processed foods with low glycemic loads.
- Reduce your consumption of foods made with flour and sugar, especially bread and most packaged snack foods (including chips and pretzels).
- Eat more whole grains (not whole-wheat-flour products), beans, winter squashes, and sweet potatoes.
- Cook pasta al dente and eat it in moderation.
- Avoid products made with high-fructose corn syrup.

FAT

- On a 2,000-calorie-a-day diet, 600 can come from fat – that is, about 67 grams. This should be in a ratio of 1:2:1 of saturated to monounsaturated to polyunsaturated fat.
- Reduce your intake of saturated fat by eating less butter, cream, high-fat cheeses, unskinned chicken, fatty meats, and products made with palm kernel oils.
- Use extra-virgin olive oil as a main cooking oil. If you want a neutral-tasting oil, use expeller-pressed- organic canola oil. Organic, high-oleic versions of sunflower and safflower oil are acceptable also.

- Avoid regular safflower and sunflower oils, corn oil, cottonseed oil, and mixed vegetable oils.
- Strictly avoid margarine, vegetable shortening, and all products listing them as ingredients. Strictly avoid all products made with partially hydrogenated oils of any kind. Avoid products made with refined soybean oil.
- Include in your diet avocados, and nuts, especially walnuts, cashews, and almonds and nut butters made from them.
- For omega-3 fatty acids, eat salmon (preferably fresh or frozen wild or canned sockeye), sardines packed in water or olive oil, herring, black cod (sablefish, butterfish), omega-3 fortified eggs, hemp seeds, flaxseeds (preferably freshly ground), and walnuts; or take a fish oil supplement (2-3 grams a day of EPA+DHA in a 3 or 4 to 1 ratio).

PROTEIN

- On a 2,000-calorie-a-day diet, your daily intake of protein should be between 80 and 120 grams. Eat less protein if you have liver or kidney problems, allergies, or autoimmune disease.
- Decrease your consumption of animal protein except for fish and high-quality cheese and yogurt.
- Eat more vegetable protein, especially from beans in general and soybeans in particular. Become familiar with the range of soy foods available to find ones you like.

FIBER

- Try to eat 40 grams of fiber a day. You can achieve this by increasing your consumption of fruit, especially berries, vegetables (especially beans), and whole grains.
- Ready-made cereals can be good fiber sources but read labels to make sure they give you at least 4 and preferably 5 grams of bran per one-ounce serving.

PHYTONUTRIENTS

- To get maximum natural protection against age-related diseases, including cardiovascular disease, cancer, and neurodegenerative disease, as well as against environmental toxicity, eat a variety of fruits, vegetables, and mushrooms.
- Choose fruits and vegetables from all parts of the color spectrum especially berries, tomatoes, orange and yellow fruits, and dark leafy greens.
- Choose organic produce whenever possible. Learn which conventionally grown crops are most likely to carry pesticide residues (see www.foodnews.org) and avoid them.

- Eat cruciferous (cabbage-family) vegetables regularly.
- Include whole soy foods in your diet (such as edamame, soy nuts, soy milk, tofu, tempeh).
- Drink tea instead of coffee, especially good-quality white, green, or oolong tea.
- If you drink alcohol, use red wine preferentially and in moderation.
- Enjoy plain dark chocolate (with a minimum cocoa content of 70 percent) in moderation.

VITAMINS AND MINERALS

- The best way to obtain all of your daily vitamins, minerals, and micronutrients is by eating a diet high in fresh foods with an abundance of fruits and vegetables.
- In addition, supplement your diet with the following antioxidant cocktail:
 - Vitamin C, 200 milligrams a day
 - Vitamin E, 400 IU of natural mixed tocopherols (d-alpha-tocopherol with other tocopherols, or, better, a minimum of 80 milligrams of natural mixed tocopherols and tocotrienols)
 - Selenium 200 micrograms of an organic (yeast-bound) form
 - Mixed carotenoids, 10,000 to 15,000 IU daily.
- In addition, take daily multivitamin-multimineral supplements that provide at least 400 micrograms of folic acid. They should contain no iron (unless you are female and having regular menstrual periods) and no preformed vitamin A (retinol)
- Take 2,000 IU a day of vitamin D with your largest meal.
- Women should take supplemental calcium, preferably as calcium citrate, 500 to 700 milligrams a day, depending on their dietary intake of this mineral; men should avoid supplemental calcium.

WATER

- Try to drink 6 to 8 glasses of pure water a day or drinks that are mostly water (tea, very diluted fruit juice, sparkling water with lemon).
- Use bottled water or get a home water purifier if you tap water tastes of chlorine or other contaminants or if you live in an area where the water is known or suspected to be contaminated.

The Anti-Inflammatory Diet Pyramid is available at:

<http://www.drweil.com/drw/u/ART02995/Dr-Weil-Anti-Inflammatory-Food-Pyramid.html>