

# Family Medicine of Michigan

## Anti-Inflammatory Nutrition

1. Emphasize Healthy Carbs
  - a. Resistant Starches
    - i. Digested in colon to produce short-chain fatty acids (SCFAs)
    - ii. Produce 1.5 calories of energy per gram digested, fewer calories promote less weight!
    - iii. Green bananas, green banana flour, green peas, lentils, chickpeas, uncooked rolled oats, white beans are best sources
  - b. Inulin
    - i. Also known as fructan
    - ii. A prebiotic—feeds bowel microbes to promote healthy gut flora
    - iii. Artichokes, asparagus, bananas, chicory root, dandelion root, garlic, leeks, onions
  - c. NO simple carbs
    - i. Sodas, baked goods, processed grains, convenience foods, etc.
    - ii. Produce 4 calories of energy per gram digested, more calories promote more weight (not to mention what they do to insulin levels, fat storage, etc.)!
2. Include Fermented Foods
  - a. Prebiotics and probiotics—supply live bacteria and nourishing fiber
  - b. Sauerkraut, kimchi, and pickles
3. Manage Meat Intake
  - a. Meat is not considered to be bad as much as dietary fiber is considered to be good
  - b. Choose best-quality, grass-fed meat if possible, but, at a minimum, always better quality
  - c. Sum: Eat less but higher quality meats; always emphasize dietary fiber (vegetables)
4. More Plants
  - a. Single most important strategy for improving gut flora
  - b. Vegetables least consumed American food—most important for microbial health
  - c. Eat the whole plant (stems of broccoli or base of asparagus, for example) when possible
5. Fresh Food whenever possible
  - a. Evidence of dirt and imperfections in color or size desirable (wash produce in prep)
  - b. Often best to buy local (food that has traveled a short distance to market)
  - c. Buy “organic” if claim is reliable
6. No Sugar
  - a. Sugars promote growth of yeast species and other pathogenic bacteria
  - b. Bacteria promoted by consuming sugar then increase craving for more sugar
  - c. Honey and pure maple syrup better choices but be cautious when using
  - d. Artificial sweeteners are every bit as bad, perhaps worse, than natural sugars—avoid!
  - e. Best sweetener to use when needed: Lakanto (need to purchase online)
7. Add Good Foods in Preference to Stopping Bad Foods
  - a. Absence of nourishing food more detrimental than the presence of the not-so-good
  - b. Emphasis on good foods will “crowd out” some bad foods (eating enough asparagus and leeks regularly, for example, will balance out an occasional slice of cake)
8. Retrain the Taste Buds
  - a. Perhaps the most difficult task of this program—make take months, even years
  - b. Must think of this as a training exercise—must make a conscious effort

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- c. Some suggestions that help to “retrain the taste buds”
  - i. Substitute
    1. Zucchini “noodles” for wheat pasta
    2. Roasted squash or sweet potato for french fries
    3. Mashed green bananas for mashed potatoes
    4. Mashed cauliflower for white rice
  - ii. Add in
    1. Spinach and kale into smoothies (slowly and gradually)
    2. Add leeks and celery to soups and stews
    3. Roasted pumpkin or squash instead of flour to thicken sauces
    4. Add onions, garlic, peppers, and spinach to scrambled eggs
  - iii. Reduce sweetness with
    1. Frozen bananas blended with almond butter “ice cream”
    2. Dates filled with nut butter to satisfy sugar cravings
    3. Raw honey instead of sugar when baking, and halve the amount called for in the recipe—use Lakanto preferably
    4. Fresh ginger instead of sugar in herbal tea or lemonade
9. Beware of Modified/Adulterated Foods
  - a. The problem—cannot be assured of quality of such foods
    - i. Additives and preservatives
    - ii. Hormones
    - iii. Antibiotics
    - iv. Pesticides
    - v. Fiber removed during processing
  - b. Gluten, dairy, refined carbohydrates, processed foods in general, GMO foods and artificial sweeteners all fall into this general category
10. A Good Rule for Vegetables
  - a. Eat one vegetable at breakfast
  - b. Eat two vegetables at lunch
  - c. Eat three vegetables at dinner
  - d. Fermented foods count toward a vegetable serving

For and aggressive, quick start, the first 3 weeks (21 days), completely avoid the following:

- Processed/packaged foods
- High-fructose corn syrup
- Trans fats
- Hydrogenated fats
- Dried or canned fruits
- Juices
- Gluten
- All grains
- Corn, cornstarch
- Sugar, sweeteners
- Dairy products
- Eggs
- Soy (in all forms)
- Deli/processed meats
- Canola/cottonseed oil
- Potatoes/sweet potatoes/yams
- Legumes (kidney/fava/string)
- Iceberg lettuce
- Peanuts/peanut butter

After completing the above three weeks, or for a more gradual approach to proper nutrition:

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Green Light Foods (no limits)	Yellow Light Foods (one serving each daily)	Red Light Foods (one serving twice a week)
Brown rice Chickpeas Coconut oil Dried fruits (unsweetened) Fruits <sup>1</sup> Ghee/butter (ghee better) Lentils Nut butters Nuts and seeds <sup>2</sup> Oats (gluten-free) Oats (steel-cut) Olive oil Organic honey Quinoa Seeds Squash Sweet potato (none first 3 weeks) Vegetables <sup>3</sup>  Drinks: Water Carbonated water Coconut water* Dairy substitutes: Almond milk Cashew milk Coconut milk* Hemp milk Herbal teas Smoothies* Vegetable juices*  Baking Products: Almond flour Coconut flour Chickpea flour Brown rice flour Green banana flour	Alcohol Eggs, range Legumes (beans, peas, etc.) Meats: Beef (high quality, grass-fed) Fish (wild, <u>low mercury</u> ) Game (wild) Poultry (range) Lamb Shellfish	Artificial sweeteners Corn/corn products Dairy (except ghee/butter) Fruit juices Gluten Grains (except brown rice) High fructose corn syrup Pasta (quinoa allowed) Processed carbohydrates Refined oils (canola, safflower) Sodas (sweetened and diet) Sugar (organic honey allowed) White potatoes White rice

\*Unsweetened, no added sugar or sweeteners

<sup>1</sup> Apples (no more than one daily), avocado, berries (blueberries, raspberries, strawberries), cherries, coconut, coconut water (unsweetened), grapefruit, kiwi, nectarines, oranges, rhubarb

<sup>2</sup> Almonds, Brazil nuts, nut flours, walnuts. No peanuts!

<sup>3</sup> Artichoke, asparagus, beets, berries, black radish, bok choy, broccoli, brussels sprouts, cabbages, capers, carrots (always use cooked), cauliflower, celery, cucumber, eggplant, garlic, kale, kohlrabi, lettuce (no iceberg, however), mushrooms, onions, spinach, squash, tomatoes, turnips, watercress, zucchini