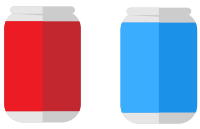
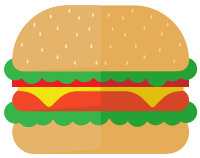




Foods to Avoid for Chronic Inflammation Patients

More information: <https://gizigo.id/anti-inflammatory-food-list>

 <p>Sweet foods and beverages</p>	<p>Food : Soda, ice tea, ice cream</p> <p>Reason : Excessive sugar intake contributes to an increase in the risk of inflammation and obesity. Low-grade inflammations over a long period commonly occur in obese patients (1).</p>
 <p>Processed meats</p>	<p>Food : Bacon, hot dogs, pepperoni, lunch meats</p> <p>Reason : Foods with processed meat contain high amounts of salt, synthetic nitrate, and saturated fats. Medical study reported that nitrate and saturated fats increase the risk of inflammation (2).</p>
 <p>Alcohol drinks</p>	<p>Food : Wine, beer, etc.</p> <p>Reason : A small amount of wine can prevent inflammation. However, more often than not, alcohol consumption causes damage to body organs, tissues, and cells. It can trigger acute inflammation and chronic inflammation in the body (1).</p>
 <p>Processed foods</p>	<p>Food : Ready-to-eat meals and grab-and-go foods</p> <p>Reason : These foods contain many additional chemical substances, such as color additives, preservatives, and flavoring agents. All of those substances can trigger irritation and inflammation in your body (1).</p>

Source:

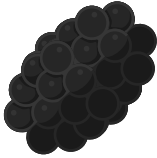
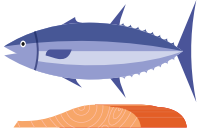
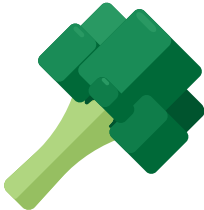


(1) <https://www.eatingwell.com/article/2052349/the-8-worst-foods-to-eat-for-inflammation/>

(2) <https://joinmonument.com/resources/alcohol-inflammation-causes-explained/#:~:text=Alcohol%20is%20a%20toxin%20that,acute%20inflammation%20and%20chronic%20inflammation>

Foods to Eat




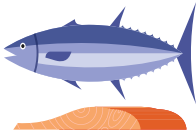

DURING Inflammation Symptoms

More information: <https://gizigo.id/anti-inflammatory-food-list>

 <p>Berries</p>	<p>Food : Strawberries, blueberries, raspberries, blackberries</p> <p>Reason : Antioxyanthin inside berries has an anti-inflammatory property capable of reducing inflammation risk. Furthermore, a 2018 study showed that regular berry consumption can lower the risk of cancer (3).</p>
 <p>Fatty fish</p>	<p>Food : Salmon, sardines, herring, mackerel, anchovies</p> <p>Reason : EPA and DHA from fishes can lower inflammation, as well as the risk of metabolic syndrome, diabetes, and heart disease (3).</p>
 <p>Vegetables</p>	<p>Food : Broccoli, peppers, mushroom</p> <p>Reason : Broccoli contains sulforaphane, which lowers the production of inflammation biomarkers (cytokines and nuclear factor kappa B). Quercetin, sinapic acid, and ferulic acid in paprika are known to reduce inflammation. Mushrooms also have a similar effect because they contain phenol (3).</p>
 <p>Green tea</p>	<p>Food : Matcha green tea</p> <p>Reason : Epigallocatechin-3-gallate (EGCG) from matcha reduces the molecule that signals the increase in inflammation (pro-inflammatory cytokine). This antioxidant substance inside green tea also protects the cells from damage(3).</p>
 <p>Fruits</p>	<p>Food : Avocado, grape, cherries</p> <p>Reason : The antioxidants in avocados can reduce inflammation by enhancing the formation of new cells. Cherry and grapes are known to contain high amounts of anthocyanins, which also lower the inflammation inside the body (3).</p>

Source:

(3) https://www.healthline.com/nutrition/13-anti-inflammatory-foods#TOC_TITLE_HDR_3

 Fruits and vegetables	Food : Spinach, kale, broccoli, cherries, raspberries, blackberries Reason : Contain antioxidants that can reduce inflammation in the body.
 Whole grains	Food : Oatmeal, brown rice, whole-wheat bread Reason : Fibers from whole grains help prevent inflammation.
 Beans and nuts	Food : Peas, chickpeas, black beans, edamame, kidney beans, lentils, lima beans, mung beans Reason : Contains a lot of fibers to help prevent the inflammation from occurring.
 Fatty fish	Food : Salmon, tuna, and sardines Reason : Omega-3 fatty acid from fish helps lower inflammation response of the body.
 Herbs and spices	Food : Turmeric, garlic, ginger Reason : Contain antioxidants to reduce inflammation.

MANDATORY



Eat a varied diet

Eat more minimally processed food

Pay more attention to a products' nutrition fact

Eat more vegetables and fruits with varied colors

BONUS POINTS:

☐

Eat sufficient protein daily

☐

Consume more fibers

☐

Eat more vegetables and fruits (again)

☐

Use some herbs when cooking

☐

Avoid foods with high trans fats and saturated fats

☐

Eat more food with omega-3 and omega-6 in balanced amounts

☐

Eat more food with MUFA (Mono Unsaturated Fatty Acid)

☐

Eat some dark chocolate (at least 70% cacao)

☐

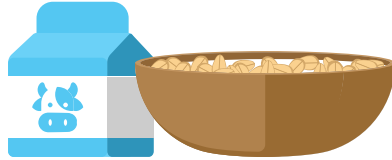
Limit your alcohol intake

Meal Plan Example

for Chronic Inflammation Patients

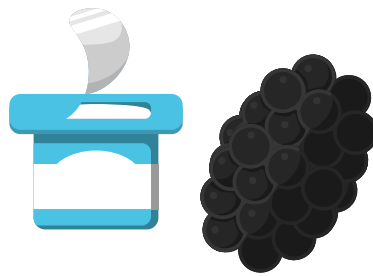
More information: <https://gizigo.id/anti-inflammatory-food-list>

Breakfast



Overnight oat (oats, strawberry, chia seeds, full cream milk)

Morning snacks



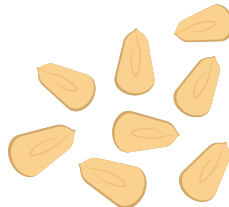
Plain Greek yogurt and blackberries

Lunch



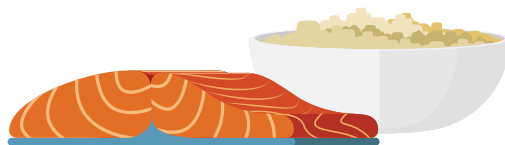
Hummus and Greek salad

Afternoon snack



Roasted almond

Dinner



Garlic butter salmon with mashed potatoes

Additional



Ginger tea