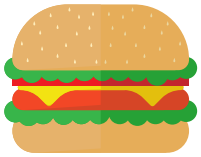
Foods to Avoid
for Chronic Inflammation Patients

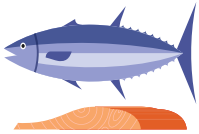
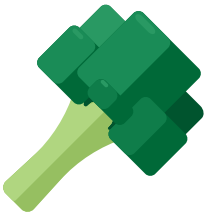
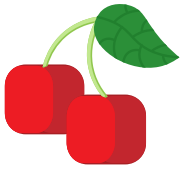
More information: *https://gizigo.id/anti-inflammatory-food-list*

 Sweet foods and beverages	Food : Soda, ice tea, ice cream 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).
 Processed meats	Food : Bacon, hot dogs, pepperoni, lunch meats Reason : Foods with processed meat contain high amounts of salt, synthetic nitrate, and saturated fats. Mecidal study reported that nitrate and saturated fats increase the risk of inflammation (2).
 Alcohol drinks	Food : Wine, beer, etc. 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).
 Processed foods	Food : Rady-to-eat meals and grab-and-go foods 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).

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

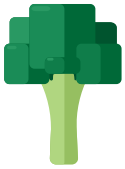
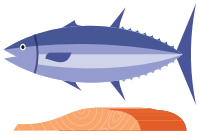
More information: *https://gizigo.id/anti-inflammatory-food-list*

 Berries	Food : Strawberries, blueberries, raspberries, blackberries Reason : Antochyanin 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).
 Fatty fish	Food : Salmon, sardines, herring, mackerel, anchovies Reason : EPA and DHA from fishes can lower inflammation, as well as the risk of metabolic syndrome, diabetes, and heart disease (3).
 Vegetables	Food : Broccoli, peppers, mushroom 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).
 Green tea	Food : Matcha green tea 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).
 Fruits	Food : Avocado, grape, cherries 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).

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

Foods to Eat REGULARLY

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

 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 occuring.
 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.

Source:
https://www.healthline.com/nutrition/13-anti-inflammatory-foods#TOC_TITLE_HDR_3

Anti-Inflammatory Checklist

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

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:

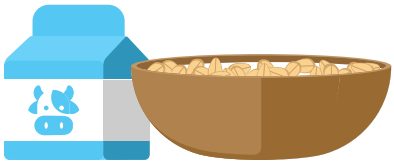
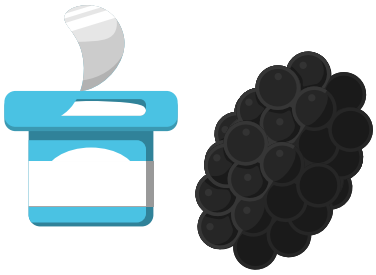
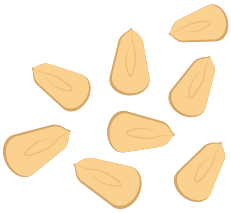
- [ ] Eat sufficient protein daily
- [ ] Consume more fibers
- [ ] Eat more vegetables and fruits (again)
- [ ] Use some herbs when cooking
- [ ] Avoid foods with high trans fats and saturated fats
- [ ] Eat more food with omega-3 and omega-6 in balanced amounts
- [ ] Eat more food with MUFA (Mono Unsaturated Fatty Acid)
- [ ] Eat some dark chocolate (at least 70% cacao)
- [ ] Limit your alcohol intake

Source:
https://www.medicalnewstoday.com/articles/320233#foods-to-eat

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