

Steps Toward Anti-Inflammatory Eating

Start by ADDING	Goal	Tips and Info
Step 1	Add fruit to every meal	Try to make one fruit berries
Step 2	Add veggies to lunch and dinner	Include greens (kale, spinach, arugula, beet greens, collard greens, etc)
Step 3	Add one cooked and one raw veggie to lunch and dinner	Include cruciferous veg (broccoli, cauliflower, bok choy, Brussels sprouts, arugula, watercress)
Step 4	Add legumes to 3-4 days during the week	Legumes are beans, peas, and lentils. Add to rice, salads and soups.
Step 5	Add one or more servings of legumes every day	
Step 6	Add one serving of whole grains every day	Whole grains include brown rice, wild rice, oats, quinoa, corn, whole grain flour products
Step 7	Add a whole grain and or starchy veg to every meal	Starchy veg examples are potatoes, corn, and winter squash.
Step 8	Accent meals with healthy fats	An accent means: ¼ avocado, 1-3 tsp nuts/seeds, 5-8 whole olives
Step 9	Add fresh or dried herbs and spices as often as you can	Turmeric, ginger, rosemary and clove are especially anti-inflammatory. All spices offer benefit, so get creative!
Begin to replace and reduce		
Step 10	Remove dairy	Use dairy alternatives for milk, yogurt and cheese. Caution: dairy free cheese is still high in fat and should be used sparingly
Step 11	Use legumes or whole food transitional product in place of meat as often as you can	Transitional products: veggie burger, tofu-based products, seitan, etc
Step 12	Remove or greatly reduce the use of oil	Sautee with water or veggie broth. Roast veggies on parchment paper and watch for oils on food labels

Do the steps in any order you like. Going 100% plant based is great. But even if you have 2 non-plant-based meals per week, you are still plant-based 90% of the time!