

Dr Adele Pelteret

Naturopath

BComp.Med - Naturopathy, BSc.CHSc, FLT-LE, Dip. CN, H.D.E.
Registration No: A11715, Practice No: 101000635014

NUTRITIONAL THERAPY, FUNCTIONAL MEDICINE, EPIGENETICS, PHYSICAL THERAPY & CORPORATE HEALTH & WELLNESS

ANTI-INFLAMMATORY & PRO-INFLAMMATORY FOODS

This is a GENERAL list – please individualise per patient!

	FOODS TO EAT/INCLUDE <i>(organic is best)</i>	FOODS TO AVOID/EXCLUDE
Fruits	ALL fresh unsweetened , frozen, canned & water-packed, freshly made fruit juices (except orange)	Oranges and orange juice
Vegetables	ALL fresh, raw, steamed, stir-fried, sautéed, baked, juiced or roasted vegetables	Corn, all creamed vegetables <i>Optional: Nightshades – potato, tomato, aubergine, bell peppers</i>
Starch Grains Breads Cereals	Whole or products made from: brown rice, millet*, buckwheat*, quinoa, potato, tapioca, amaranth*, arrowroot Oats (<i>if not severely gluten intolerant</i>)	Whole or products made from: wheat, corn, barley, rye, spelt, kamut; All gluten containing products <i>*+ Amaranth, Millet & Buckwheat – if very sensitive to grains & starches</i>
Legumes	All beans, peas, lentils – excluding soya (<i>see note on next page</i>)	Soya beans, tofu, soya milk & other soya products
Nuts & Seeds	Almonds, cashews, walnuts, sesame (tahini), sunflower & pumpkin seeds, nut-butters	Peanuts, peanut butter
Meat, fish & Animal protein	All canned (water packed) or fresh fish, chicken, turkey, wild game, organic lamb, organic eggs (<i>not corn fed</i>), egg replacer	Beef, pork, cold cuts, frankfurter, sausage, canned meat, shellfish, (non-organic eggs)
Dairy Products & Milk substitutes	Rice milk, almond milk, oat milk, coconut milk, other plant-based milks Egg replacer	Milk, cheese, cottage cheese, cream, yoghurt, butter, ice cream, frozen yoghurt, non-dairy creamers, soya milk
Fats & Oils	Virgin & Cold pressed: olive, coconut, flaxseed, canola, safflower, sunflower, pumpkin, sesame, walnut, macadamia, almond, avocado, grapeseed oils etc.	Margarine, shortening, butter (<i>little organic</i>), processed (<i>hydrogenated</i>) oils, mayonnaise, spreads, poultry skin, deep fried foods (<i>trans fats</i>)
Beverages	Filtered or distilled water, herbal tea, mineral water. Occ. sparking mineral water (<i>can cause gas/boating/abdominal discomfort</i>)	Soft drinks – cordials & fizzy drinks, alcoholic beverages, coffee, tea, other caffeinated beverages
Spices & Condiments	All spices unless otherwise indicated. EG: cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, turmeric, vinegar -except malted vinegars Dark chocolate (<i>small amnts / caffeine</i>)	Tomato sauce, mustard, relish, chutney, soy sauce, barbeque sauce, other condiments Dark chocolate (<i>small amnts / caffeine</i>)
Sweeteners	ONLY IN SMALL AMOUNTS: Brown rice syrup, fruit sweeteners, organic blackstrap molasses, Stevia, Xylitol (<i>v small amnts as all the -OLS can cause gas/bloating</i>)	White/ brown refined sugar, honey, maple syrup, corn syrup, high fructose corn syrup, candy, desserts made with these sweeteners



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LEGUMES:

If you suffer digestive upsets when you eat legumes, then you must avoid them. Even if you don't suffer from obvious side-effects, many people experience some form of legume inflammation. Safest legumes are usually: peas & green beans. Chickpeas (eg: hummus) and lentils – eat with caution, especially if already struggling with digestive issues. Taking a digestive enzyme when consuming these may help digest and prevent/relieve bloating for some people.

GRAINS

Grains like wheat, barley, rye and oats, contain **lectins** and gluten. Lectins are natural insecticide toxins that a plant develops against being consumed. They can cause irritation to your gastrointestinal tract and prevent absorption of valuable micronutrients. Proteins like gluten/gliadin, can cause several health issues for many people:

- Coeliac disease is an allergy to gluten. Sufferers generally have obvious abdominal pain or discomfort, bloating, and diarrhoea when they eat gluten.
- Non-coeliac gluten sensitivity (NCGS) is very common. Sufferers generally experience a variety of health issues including but not limited to: headaches, joint pain, rashes / eczema, reduced immune function, aggravated allergies, mood disorders, menstrual difficulties, thyroid issues etc.
- A theory around gluten sensitivity / intolerance, is that most gluten grains are genetically modified and sprayed with glyphosate pesticide, and it is this pesticide that is affecting the gut more than the actual gluten/gliadin molecules.
- Other grains like rice and corn may also be contaminated with gluten from the manufacturing plant or factory. A large majority of people who are gluten/lectin sensitive don't even know it - they often have no obvious outward manifesting symptoms, yet their insides are often inflamed (eg: test hsCRP).

Another major reason to avoid grains, is because they are often very high in processed carbohydrates. Your body turns carbs into glucose for energy, but what doesn't get used, gets converted to fats and stored, for energy later. Processed sugars usually convert to glucose very quickly in the body = high Glycaemic index (GI). Added sugars are linked to lowered levels of essential micronutrients, compromised immune system, inflammation and an increase in body weight, BUT are also usually combined with unhealthy trans-fats, as well as colourants & flavourants - which can cause or aggravate allergies / intolerances and inflammation as well.

FATS AND OILS

Processed oils, partially-hydrogenated and hydrogenated vegetable oils (also called trans-fats) cause inflammation and an unhealthy ratio of Omega 6 compared to Omega 3. Most processed foods have at least one of these unhealthy types of fats or oils. Fats from unhealthy animals also tends to have unhealthy hormones, elevated levels of saturated and cholesterol fat, as well as antibiotics, hormones and inflammatory chemicals (cytokines).

NOTE - contrary to what you may have been told though – not all fats and oils are bad for you!

The best fats for most people are unprocessed, unsaturated plant fats and oils, as well as the fatty Omega 3 fish oils.

Medium-chain triglycerides like coconut oil are safer for cooking at high temperatures.

Some people can manage grass-fed animal fats like meat-fats/lard, butter, cream and cheese – this is all based on individual genetics and health factors. Of course, if you eat more calories than you need, you'll gain weight; but it's highly unlikely that you'll do this if you're also eating enough berries, nuts & seeds, vegetables and healthy meats.

DAIRY

A lot of people have issues with dairy products: ethics, high hormone levels, saturated fat content, lactose sensitivity, casein allergy, mucous production / aggravation etc. If you do like to consume some dairy, then rather opt for organic milk, yoghurt, unprocessed cheese etc. There are also some great vegan "dairy" options out there to explore.



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SPECIFICS OF WHAT YOU SHOULD EAT:

- ***NB*** - *individualise these foods to your specific health needs and requirements.*
- Eat organic when possible.
- You can generally eat plenty of these foods – they are filling, full of nutrients, and low in “bad” fats and carbs.
- Eat meat: grass-fed beef, poultry (free-range), Karoo lamb, and non-grain-fed pork is best, if you have access to it. Meat from healthy and happy animals have more minerals, vitamins, better fatty acids, and are overall less inflammatory vs their counterparts.
- Enjoy fish (preferably wild-caught, sustainable). Fatty fish are best, like snoek or salmon. If you get canned salmon, get it with the skin and bone still present for the best nutrients.
- Eat eggs from pastured / free-range chickens and ducks. If they have been fed flaxseeds their eggs will have more Omega 3 in them too!
- Use natural oils that are “**Virgin**” or “**Extra virgin**” and **cold pressed** (unheated) - coconut, olive, and avocado. Butter and ghee from pastured, grass-fed cows is acceptable.
- Eat some seeds and nuts - macadamia and walnut as they are highest in Omega 3, raw almonds have great protein and fibre, and Brazils have some selenium (antioxidant and thyroid).
- Good carbohydrates (CHOs) :
 - eat tubers like sweet potatoes, squashes, beets, and other root vegetables – instead of grains and pasta etc.
 - eat fruit in moderation (if you’re trying to lose weight, or have insulin-glucose issues then keep these to a minimum). The best fruit are dark berries, which are high in antioxidants (AOx) and have a lower GI, and dark green apples (Granny Smith) and hard pears.
- Veg: eat a rainbow of coloured plants. LOTS of leafy greens and cruciferous vegetables (if not on a FODMAPS diet).

PLAN OF ACTION:

- Get rid of all the junk food! Donate all the junk food, packaged stuff, and other undesirable food from your cupboards, fridge and pantry. Give it to a homeless person or shelter or food bank!
- Don’t eat out at restaurants or order take-aways until you know you can resist temptation – ASK and get to know which foods to order, to avoid the gluten/dairy/sugar etc.

Don’t overthink it - **JUST EAT REAL FOOD** - as close to NATURE as possible!



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Anti-inflammatory foods



ALL IN MODERATION - NO EXCESS OF ANYTHING

