

INFLAMMATORY FOODS

Foods to avoid or limit

⊘ Highly Processed Seed & Vegetable Oils

Examples: Soybean oil, canola oil, corn oil, sunflower oil, safflower oil

Why? High in Omega-6 fatty acids, these oils disrupt the body's Omega-3 to Omega-6 balance, leading to chronic inflammation.

✓ **Better Choices: Extra virgin olive oil, avocado oil, coconut oil, grass-fed butter**

⊘ Refined Carbohydrates & Processed Grains

Examples: White bread, pasta, pastries, conventional cereals

Why? Stripped of fiber and nutrients, these spike blood sugar and trigger inflammation.

✓ **Better Choices: Sprouted grains, sourdough bread, quinoa (in moderation), steel-cut oats**

⊘ Sugary Foods & Beverages

Examples: Soda, candy, fruit juices, flavored yogurts, baked goods

Why? Sugar increases inflammatory markers and contributes to insulin resistance, leading to chronic inflammation.

✓ **Better Choices: Whole fruits, raw honey (in moderation), dark chocolate (70%+ cacao)**

⊘ Conventional Dairy

Examples: Soybean oil, canola oil, coExamples: Non-organic milk, processed cheese, flavored yogurts

Why? Many people are sensitive to A1 casein in conventional dairy, which can trigger inflammation

✓ **Better Choices: A2 dairy, raw dairy (if tolerated), goat, buffalo (my fave) or sheep's milk products**

Small habits compound, focus on adding healthy foods and choosing the “better” option.

INFLAMMATORY FOODS

Foods to avoid or limit

🚫 Artificial Sweeteners & Additives

Examples: Aspartame, sucralose, food dyes, MSG

Why? These can disrupt gut bacteria and promote inflammation.

✅ **Better Choices: Stevia, monk fruit, raw honey**

🚫 Factory-Farmed Meat & Processed Meats

Examples: Processed deli meats, bacon, sausage, conventional beef & poultry

Why? These often contain added hormones, antibiotics, and inflammatory Omega-6 fats.

✅ **Better Choices: Grass-fed beef, pasture-raised poultry, wild-caught fish**

🚫 Excess Alcohol & Caffeine

Examples: Beer, liquor, excessive coffee

Why? Alcohol strains the liver and increases gut permeability, while too much caffeine can spike stress hormones.

✅ **Better Choices: Herbal teas, organic coffee (moderation), red wine (occasionally)**

Foods That FIGHT Inflammation

✅ **Healthy Fats:** Avocados, wild-caught salmon, olive oil, walnuts

✅ **Antioxidant-Rich Vegetables:** Leafy greens, bell peppers, broccoli, beets

✅ **Low-Glycemic Fruits:** Berries, cherries, citrus fruits

✅ **Healing Spices:** Turmeric, ginger, garlic, cinnamon

✅ **Gut-Supporting Foods:** Fermented foods (sauerkraut, kimchi, kefir), bone broth

Feeling overwhelmed? Ask Dr. Arnott for recipes or tips at your next appointment.