



THE PATH
TO GREATER
VITALITY AND
HEALTH

ANTI-INFLAMMATORY NUTRITION

There are two types of inflammatory reactions in the body: acute and chronic inflammation. Acute inflammation can be caused by pathogens or injuries. A typical example is a sore throat caused by viruses or bacteria, as well as open wounds that become inflamed. **Chronic inflammation** can have various origins and can cause far-reaching problems. It can manifest itself, for example, in pain, fatigue or discomfort. Chronic inflammation can also favour other diseases. The causes are varied, and possible triggers can be an imbalance in the immune system or a genetic predisposition. An unhealthy lifestyle with too much stress, smoking, alcohol consumption and lack of exercise also favours chronic inflammation. The Western diet contains many pro-inflammatory foods and is often very high in calories. Coupled with a lack of exercise, this often results in obesity. Obesity and increased abdominal fat support the development of inflammation, as abdominal fat produces pro-inflammatory hormones.

WHAT SHOULD THE ANTI-INFLAMMATORY DIET LOOK LIKE?

The right diet to prevent inflammation consists of **plenty of vegetables, fruit, nuts, high-quality vegetable oils**, and only **moderate meat consumption**. Meat, sausages, and dairy products should only be consumed in moderate quantities. Fruit and vegetables are particularly rich in so-called secondary plant substances, vitamins, and antioxidants, which possess anti-inflammatory properties and contribute to general health. Antioxidants protect the body from oxidative stress, which can promote inflammation and other diseases.

In addition to an anti-inflammatory diet, sufficient exercise should be integrated into everyday life and stress factors should also be reduced. **Sufficient exercise** not only promotes health, general well-being, and stress reduction, it also has a positive effect on inflammatory processes in the body.

THE FOLLOWING DISEASES BENEFIT FROM ANTI-INFLAMMATORY NUTRITION

- CFS
- **Chronic inflammatory bowel diseases**
- **Autoimmune diseases**
- **Neurodermatitis**
- ...

Colourful

Diverse

Plant-based



PRO-INFLAMMATORY FOODS:

- Meat, sausages
- Dairy products
- Sugar
- Fried foods
- Hydrogenated fats/trans fatty acids
- Soy products

GENERAL TIPS:

- Reduce animal-based foods
- Eat sufficient fruit and vegetables daily
- Use nuts and native vegetable oils
- Prefer wholemeal products
- Avoid alcohol and nicotine

ANTI-INFLAMMATORY FOODS:

- Fruit
- Vegetables
- Vegetable oils
- Nuts

Avoid processed foods! These can be rich in trans fatty acids.

Use refined oils for warm dishes and cold-pressed native oils for cold dishes.

PREFER WHOLE GRAIN PRODUCTS

The intake of large amounts of glucose and fructose, such as those contained in sugar and white flour, leads to a sharp rise in blood sugar levels after eating. This in turn can lead to the release of inflammation-promoting messenger substances. **Wholemeal products** contain more complex carbohydrates and fibre, which slow the rise in blood sugar.

Why are animal products pro-inflammatory?



Animal products contain the inflammation-promoting omega-6 fatty acid arachidonic acid.

Soy products also contain arachidonic acid!

Why are fruit and vegetables anti-inflammatory?

Fruit and vegetables are particularly rich in so-called secondary plant substances, vitamins, and antioxidants, which have anti-inflammatory properties and contribute to general health.

If you want to eat meat, it is best to choose **high-quality meat from pasture grazing and organic meat or game**. In contrast to meat from factory farming, this contains less arachidonic acid and more anti-inflammatory omega-3 fatty acids. The same applies to dairy products and eggs.

	 PREFER	 AVOID
Drinks	Water, unsweetened tea, highly diluted juice with (carbonated) water, coffee (black)	Lemonades, juices, sugary drinks, alcoholic drinks
Vegetables	Fresh unprocessed vegetables	Fried, breaded, floured vegetables (possibly pulses*)
Fruit	Fresh unprocessed fruit	Sweetened canned fruit, Candied fruit
Cereal products	Wholemeal products (e.g. wholemeal pasta, brown rice), oats, barley, spelt, rye, bulgur, couscous, quinoa, amaranth	White flour products, wholemeal wheat (e.g. white bread, pretzels) Fatty baked goods (e.g. croissants, pancakes, cakes/pies)
Fats	Olive oil, rapeseed oil, linseed oil, walnut oil, hemp oil	Sunflower oil, safflower oil, lard, butter, margarine, palm fat
Nuts, seeds	Natural nuts, seeds (e.g. linseed, chia seeds, hemp seeds)	Salted, roasted nuts, crunchy or sugar-coated nuts, peanuts, sunflower seeds
Meat	Meat from pasture-raised animals, game meat	Processed meat, meat from factory farming
Fish	Fresh or frozen fish	Highly processed, deep-fried, breaded fish, fatty tinned fish, fried herring, rollmops
Dairy products	Fermented dairy products (e.g. natural yoghurt, low-fat quark) Dairy products from grazing animals, cheese, pasture-raised eggs	Fatty dairy products (from factory farming) (e.g. cream, whipped cream, fruit yoghurts, ice cream)
Others	Oat yoghurt, oat drink, rice drink	Soy products
	Dark chocolate (at least 70 % cocoa content)	Sweets, crisps, salty snacks, sweet baked goods
	Stevia, honey, erythritol	Sugar, maple syrup, agave syrup, sugar beet juice, sweeteners

The table only contains examples of foods and does not represent a complete list.

*Soaking, sprouting, and cooking pulses reduces their content of pro-inflammatory substances.

Sources:

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