

A close-up photograph of a pregnant woman's bare belly. A hand is resting on the lower right side of the belly. The woman is wearing blue jeans. The background is a soft, out-of-focus grey.

Guide to Reduce Inflammation

Things to Avoid for Anti-Inflammation:



Foods to Avoid

Refined Carbohydrates: Maida, Bakery and sugar.

Sugary Beverages: Sodas, energy drinks, and sweetened juices.

Fried Foods: Deep-fried snacks, fast food, and chips.

Processed Meats: Sausages, bacon, and deli meats.

Trans Fats: Found in margarine, shortening, and many processed baked goods.

Excessive Alcohol: Can trigger inflammation and disrupt gut health.

Artificial Sweeteners: Such as aspartame and saccharin, which may cause gut imbalances.

Excess Omega-6 Fatty Acids: Found in refined vegetable oils like corn, sunflower, and soybean oils.

Dairy (for some people): Milk, cheese, and butter may trigger inflammation, especially in those with lactose intolerance.

Excessive Salt: High-sodium foods like canned soups and processed snacks.

Lifestyle Changes for Anti-Inflammation:



1. Nutrition and Hydration

Adopt an Anti-Inflammatory Diet: Include fruits, vegetables, whole grains, lean protein, and healthy fats.

Stay Hydrated: Drink plenty of water and include anti-inflammatory beverages like green tea and herbal teas.

2. Regular Exercise

Engage in moderate physical activity like walking, yoga, or swimming for at least 30 minutes daily.

3. Stress Management

Practice mindfulness, meditation, or deep breathing exercises to reduce stress-induced inflammation.

4. Prioritize Sleep

Aim for 7–9 hours of quality sleep every night to allow the body to recover and repair.

5. Limit Toxin Exposure

Avoid smoking, reduce exposure to pollution, and opt for natural, non-toxic household products.

6. Maintain a Healthy Weight

Excess weight can contribute to chronic inflammation, so focus on sustainable weight management.

7. Gut Health

Include probiotics (e.g., Dahi, kefir) and prebiotics (e.g., garlic, onions) to support a healthy gut microbiome.

8. Reduce Screen Time

Limit exposure to blue light from screens, especially before bedtime, to improve sleep quality and reduce inflammation.

9. Avoid Chronic Sitting

Take short breaks to stand and stretch if you work at a desk for long hours.

Additional Tips:

- Include Anti-Inflammatory Spices: Haldi (RAW), ginger, cinnamon, and garlic in your meals.
- Opt for Healthy Cooking Methods: Steam, bake, grill, or sauté instead of frying.

Anti-Inflammatory Sample Diet Plan:

Early Morning (7:00 AM)

Lukewarm Lemon Water with a pinch of turmeric.
A handful of soaked almonds (5-6) and walnuts (2).

Breakfast (8:30 AM)

Moong Dal Chilla with grated vegetables (carrot, spinach).
A small bowl of homemade curd (unsweetened) or coconut yogurt.
Herbal tea (e.g., tulsi or ginger tea).

Mid-Morning Snack (11:00 AM)

A bowl of seasonal fruits: Papaya, pomegranate, or orange.
Green Tea with ginger and a dash of cinnamon.

Lunch (1:00 PM)

Brown Rice or quinoa with a portion of steamed vegetables (broccoli, beans, carrots).
Palak Dal (lentils with spinach and turmeric).
Cucumber and tomato salad with a drizzle of olive oil and lemon juice.

Anti-Inflammatory Sample Diet Plan:

Evening Snack (4:00 PM)

Roasted makhana (fox nuts) or a handful of sunflower seeds.

A cup of golden milk (warm almond milk with turmeric and black pepper).

Dinner (7:30 PM)

Grilled or steamed fish (if non-vegetarian) or tofu stir-fry (if vegetarian).

A small portion of millet roti or amaranth roti.

A bowl of lightly sautéed green vegetables with garlic.

Bedtime (9:30 PM)

A cup of chamomile tea or turmeric-infused water.

1 piece of dark chocolate (70% cocoa) (optional).

Key Anti-Inflammatory Foods Included:

Spices: Turmeric, ginger, cinnamon, and garlic.

Healthy Fats: Nuts, seeds, and olive oil.

Omega-3 Sources: Fish, flaxseeds, and walnuts.

Whole Grains: Brown rice, quinoa, millet, and amaranth.

Fruits and Vegetables: Rich in antioxidants and fiber.



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