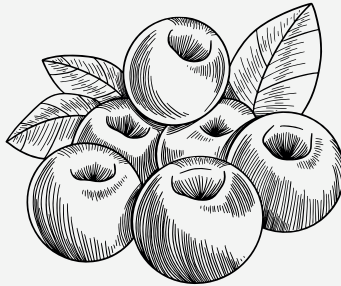


A PERFECT  FIT

ANTI-INFLAMMATORY FOOD GUIDE



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Disclaimer: The information provided in this nutrition book is for general educational purposes only. While every effort has been made to ensure the accuracy and completeness of the content, it should not be considered a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of a qualified healthcare provider before making any changes to your diet, exercise routine, or lifestyle. The authors and publishers of this book are not responsible for any adverse effects or consequences resulting from the use or misuse of the information presented. Remember, everyone's nutritional needs may vary, so it's important to consult with a healthcare professional to address your specific health concerns.

What is inflammation?

Inflammation is our body's natural defense system against injury or infection. Most of the time, inflammation is a good thing! However, when inflammation becomes constant, it can contribute to weight gain, hormone imbalances, gut dysbiosis and so much more! Long term inflammation is the leading cause of diabetes, obesity, cancer, heart disease, and many other health conditions.

One of the best ways to combat inflammation is through the foods we consume. Food truly is medicine and that is why we have created an anti-inflammatory food guide for you to download for free! Start implementing this guide into your weekly meals for long-term health.

Anti-Inflammatory Food Recommendations



Remember, while an anti-inflammatory diet can offer potential benefits, it is important to approach it as part of a balanced and individualized approach to your overall health. What causes inflammation for one person, might not for another. Consulting with a nutritionist can help you customize this list to your specific needs and health goals.

Proteins

Free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred.

Cheese: raw, ricotta, Parmesan, Feta	Meat: beef, buffalo, elk, lamb, venison, other wild game	Plant: natto, tempeh, spirulina, tofu
Fish: halibut, herring, mackerel, salmon, sardines, tuna, kippers	Poultry: chicken, cornish hen, duck, pheasant, turkey	Powders: egg, hemp, pea, rice

Dairy and Dairy Alternatives

Unsweetened and organic preferred

Dairy: Raw goat or cow milk, Kefir (plain), Greek yogurt (plain)
Dairy Alternatives: Almond or coconut milk, coconut yogurt

Nuts and Seeds

Unsweetened, unsalted, and organic preferred

Almonds, nut and seed butters, Brazil nuts, cashews, pecans, chia, pine nuts, pistachios, flaxseed, pumpkin, hazelnut, sesame, sunflower
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Fats and Oils

Minimally refined, cold-pressed, organic, non-GMO preferred

Oils (for cooking): avocado, ghee, coconut (virgin), grapeseed, olive (extra virgin), rice bran, sesame
Oils (for salad): almond, avocado, canola, flaxseed, grapeseed, hempseed, olive (extra virgin), pumpkin seed, rice bran, safflower (high-oleic) sesame, sunflower (high-oleic), walnut
Fats: avocado, coconut, ghee, butter (grass fed), olives

Vegetables

Organic, non-GMO vegetables preferred

Non-Starchy: artichoke, green beans, arugula, asparagus, bok choy, leeks, lettuce, broccoli, Brussels sprouts, mushrooms, cabbage, okra, carrots, cauliflower, peppers, celery, radishes, chard, sea vegetables, cilantro, cucumber, spinach, fermented vegetables	Starchy: squash, potato, yam, root vegetables
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Fruits

Organic, non-GMO fruits preferred

Apple, nectarine, orange, apricots, papaya, banana, peach, blackberries, pear, blueberries, cherries, pineapple, grapefruit, plums, grapes, kiwi, raspberries, mango, strawberries, melon, tangerines

Gluten Free Grains

Unsweetened, sprouted and organic preferred

Amaranth, buckwheat, grits, oats, quinoa, rice

Legumes

Organic, non-GMO preferred

Beans: kidney, pinto, refried, black, great northern, garbanzo	Peas: split, black-eyed
Hummus	Lentils

Beverages

unsweetened

Water, coffee, tea, sparkling water, vegetable juice



How to get started

A Perfect Fit is dedicated to making the transition to a healthier lifestyle as effortless as possible.

We are licensed and experienced nutritionists and personal chefs dedicated to your wellness.

- We strive to give you back time in your busy day.
- We promote a healthy lifestyle through nutritious cooking, meal planning, and customizable nutrition guidance.
- We are passionate about finding the perfect balance between healthy and tasty cooking for customers.
- We understand that nutrition means different things to different people.

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