

## Soothing Foods to Fight Inflammation



**There's nothing more soothing than a warm meal. Especially when the meal contains some of our favourite inflammation fighting foods. Give these winter warmers a try!**



# Tri Fit Cooks

## Foods That Fight Inflammation

Inflammation is an immune response to injury, toxins, allergy or infection. The immune response is influenced by the foods we eat as more than 70 percent of our immune system cells are found along the lining of our digestive tract. Eating more of the right things can help to reduce the inflammatory response. Here are a few recommendations from Nutritionist and best selling author of Meals that Heal Inflammation, Julie Daniluk:

- 1) Enjoy a variety of colourful vegetables at every meal for optimal amounts of nutrients and antioxidants. For example; dark leafy greens such as kale are high in chlorophyll and orange yams are high in beta-carotene. Include: artichokes, celery, cucumber, cruciferous vegetables, leafy greens, root vegetables and squashes.
- 2) Most fruits are alkaline and are high in minerals, antioxidants and fiber. Fresh raw fruits should be enjoyed in moderation, and the best options include berries, apple, pear, peach, plum, avocado, and pomegranate. Pineapple and papaya are also good choices as they are high in anti-inflammatory enzymes bromelain and papain.
- 3) Well cooked whole grains such as quinoa, wild rice, amaranth and buckwheat should replace processed varieties.
- 4) Choose sustainably caught fish, and choose small fish that are lower on the food chain such as sardines, trout, mackerel, or wild pacific salmon to minimize your exposure to heavy metals. Fatty fish are high in anti-inflammatory Omega-3 fatty acids.
- 5) Choose free range and organically raised meat and eggs. Lean cuts, are your best option as animal fats can be inflammatory.

### Night Shades

*Nightshades are a family of plants that contain alkaloid compounds that can affect nerve-muscle function, digestion and joint flexibility. Avoiding the following foods can help reduce some of the symptoms of inflammation.*

- Tomatoes
- White Potatoes
- Peppers (Bell & Hot)
- Eggplant
- Paprika
- Tomatillo
- Goji Berries
- Ground Cherries (not Bing or Rainier)
- Tobacco

### Seasonings & Sea Vegetables

Almost all fresh herbs and spices are anti-inflammatory so use the following seasonings generously:

*Anise seed, basil, bay leaf, caraway seed, cardamom seed, celery seed, cilantro, cinnamon bark, clove, coriander seed, cumin seed, dill seed and leaf, fennel seed, fenugreek seed, **garlic, ginger root, marjoram, mustard seed, oregano, nutmeg, parsley, rosemary, sage, savoury, star anise, thyme and turmeric.***

Sea vegetables such as dulse, nori and wakame are an excellent source of vitamins, minerals, phytonutrients, and essential fats. Sea Vegetables make a great addition to soups and can be used as a seasoning.

**Sources:** Meals that Heal Inflammation By: Julie Daniluk, The 21 Day Sugar Detox by: Diane Sanfilippo.



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## Featured Recipes

### Simple Spinach and Garlic Soup (Serves 4)

1 TBSP (15mL) coconut oil  
2-3 cloves garlic smashed  
2 cups (500mL) chicken broth  
3 cups (750mL) packed spinach  
1 avocado halved  
Sea salt and black pepper to taste

### Optional Garnish

¼ cup (65mL) full fat coconut milk  
2 TBSP (30mL) minced fresh chives

Garnish each 1 cup (250mL) serving with  
1 TBSP (15mL) coconut milk and 1 ½  
Teaspoons (7mL) of chives.

1. In a soup pot melt the coconut oil over medium heat. Place smashed garlic in the pan. When the garlic just begins to brown, add the chicken broth and bring it to a simmer.
2. Add the spinach to the pot and simmer until wilted (approx. 1 minute).
3. Transfer the soup into a blender in two batches, pouring half of the soup and adding half of the avocado at a time. Blend each part of the soup with the avocado and then recombine in the original pot and whisk the mixture together.
4. Season to taste with salt and pepper.

Source: The 21 Day Sugar Detox by: Diane Sanfilippo.

### Healing Ginger Green Soup (Serves 4)

1 cup (250mL) water  
4 cups (1L) chopped broccoli  
1 cup (250mL) chopped red onion  
1 cup (250mL) chopped celery  
4 cups (1L) vegetable broth  
1 cup (250mL) spinach (tightly packed)  
2 TBSP (30mL) finely chopped ginger root  
1 TBSP (15mL) wheat-free tamari or coconut aminos  
½ Teaspoon (2mL) cumin  
½ Teaspoon (2mL) turmeric  
½ Teaspoon (2mL) pink or grey rock salt (or sea salt)  
1 TBSP (15mL) lemon juice  
½ avocado or 2 TBSP (30mL) tahini

1. Lightly steam broccoli, onion and celery in water for 10 minutes.
2. In a large pot, add steamed vegetables and all remaining ingredients except avocado and puree with an immersion blender until smooth. Add avocado at the end to prevent oxidation.

Source: Slimming Meals that Heal Inflammation By: Julie Daniluk