

# CCDP's Anti-Inflammatory Food Guidelines



Processed & Fried Foods..... Limit



Dairy & Alternatives..... 2-3 Servings/day



Meats & Alternatives..... 2-3 Servings/day



Grain Products & Starchy Vegetables..... 6 Servings/day



Fruits & Non-Starchy Vegetables..... 6-10 Servings/day



Proper Hydration..... 1.5-3 Litres/day



Healthy Lifestyle Habits..... Include

Category	General Advice	IBS Considerations
1. Processed Foods and Fried Foods	<ul style="list-style-type: none"> <li>• Avoid processed foods and fried foods, as much as possible.</li> <li>• Choose healthy fats, like olive oil.</li> <li>• Choose healthy sweets like dark chocolate.</li> </ul>	<ul style="list-style-type: none"> <li>• If on a Low FODMAP diet, choose products sweetened with sugar</li> <li>• Avoid artificial sweeteners whose name ends in “-ol” (e.g. sorbitol, mannitol, xylitol), and high-fructose corn syrup.</li> <li>• Restrict spicy foods if they are a gut irritant.</li> </ul>
2. Dairy & Alternatives (2-3 servings/day)	<p><u>Examples of 1 serving</u></p> <ul style="list-style-type: none"> <li>• 1 cup (250 mL) of milk or calcium fortified alternative beverage (e.g. soy, almond or rice beverage).</li> <li>• 3/4 cup (175 g) of yogurt.</li> <li>• 1/2 cup (80-100 g) fresh cheese (e.g. cottage or ricotta) or 1.5-2 oz. (50 g) hard cheese.</li> </ul>	<ul style="list-style-type: none"> <li>• If on a Low FODMAP diet, choose lactose-free milk, fortified soy/rice/almond beverages, lactose-free yogurt, and hard cheese (e.g. Cheddar, Parmesan, Swiss, Brie, Camembert).</li> </ul>
3. Meats & Alternatives (2-3 servings/day)	<p><u>Examples of 1 serving of meat protein</u></p> <ul style="list-style-type: none"> <li>• 1/2 cup (100-125 g) of meat (limit processed/cured meats).</li> <li>• 2/3 cup (125-150 g) of fish (choose fish/seafood more often; if you do not eat fish, consider an omega-3 supplement).</li> </ul> <p><u>Examples of 1/3 of a serving of alternative proteins</u></p> <ul style="list-style-type: none"> <li>• 1 egg</li> <li>• 2/3 cup (175 g) of cooked legumes</li> <li>• 1/4 cup (20-30 g) of nuts</li> <li>• 2.5 Tablespoons (20-30 g) of seeds</li> </ul>	<ul style="list-style-type: none"> <li>• If on a Low FODMAP diet, reduce serving size of legumes to 1/2 cup (50 g), and do not exceed 2-3 servings per week. Choose canned legumes or those that have been boiled and drained.</li> <li>• If on a Low FODMAP diet, reduce serving size of nuts/seeds to 1/8 cup (10-15 g), and choose: almonds, hazelnuts, walnuts, peanuts, pumpkin seeds, macadamia, pecan, pine nuts.</li> <li>• Up to 2 tablespoons per day of flaxseeds may be helpful for constipation; ensure they are consumed with fluid (150mL/tablespoon flaxseeds).</li> </ul>
4. Grain Products & Starchy Vegetables (6 servings/day)	<p><u>Examples of 1 serving</u></p> <ul style="list-style-type: none"> <li>• 1 slice of bread. Choose whole grains more often.</li> <li>• 1/2 cup (60-70 g) of pasta, rice or starchy vegetables (e.g. potatoes, sweet potatoes, yams, corn, peas).</li> <li>• 1 cup of squash</li> </ul>	<ul style="list-style-type: none"> <li>• If on a Low FODMAP diet, choose wheat-free grains and products made with these (i.e. bread, pasta, crackers) such as spelt, oats, corn, rice, quinoa.</li> <li>• As an exception, a Low FODMAP alternative is slow-leavened sourdough bread made from wheat or spelt.</li> </ul>
5. Fruits & Non-Starchy Vegetables (6-10 servings/day)	<ul style="list-style-type: none"> <li>• Aim for 2-3 servings of fruits; 1/2 cup (80 g) each.</li> <li>• Aim for 4-7 servings of vegetables; 1/2 cup cooked vegetables (100-150 g) or 1 cup raw leafy vegetables.</li> <li>• Enjoy a variety of produce, both raw and cooked, from all parts of the colour spectrum.</li> </ul>	<ul style="list-style-type: none"> <li>• Allow 2-3 hours between each serving of fruit.</li> <li>• If on a Low FODMAP diet, choose fruit such as: banana, blueberry, grapefruit, grape, honeydew melon, kiwi, lemon, orange, raspberry, strawberry, star fruit, passion fruit.</li> <li>• If on a Low FODMAP diet, choose vegetables such as: carrot, cucumber, potato, eggplant, green beans, lettuce, spinach, chives, pumpkin, bell pepper, tomato, zucchini, bamboo shoots.</li> </ul>
6. Proper Hydration	<ul style="list-style-type: none"> <li>• Drink 1.5-3 litres of fluid each day.</li> <li>• Preferably plain water or herbal tea.</li> </ul>	<ul style="list-style-type: none"> <li>• Limit juice and pop intake.</li> <li>• Limit alcohol to 1-2 standard drinks/day, or restrict if it is a gut irritant.</li> <li>• Limit caffeine to 400mg/day, or restrict if it is a gut irritant.</li> </ul>
7. Healthy Lifestyle Habits	<ul style="list-style-type: none"> <li>• Regular meals (no skipping).</li> <li>• Snacks as appropriate (based on hunger).</li> <li>• Take time to eat and sit to eat.</li> <li>• Joyful movement, as able, per the recommendations provided by the physiotherapist.</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid large meals and chew food thoroughly.</li> <li>• Use turmeric &amp; ginger generously (they are powerful natural anti-inflammatory agents).</li> <li>• It may be helpful to supplement with soluble fibre (e.g. psyllium).</li> <li>• You may wish to try probiotics. Take 100 million CFU daily for minimum 4 weeks to see if they improve your symptoms.</li> </ul>