

Examples of anti-inflammatory foods



- Oily fish
- Marshmallow herb
- Slippery Elm Bark
- Liquorice
- Flaxseed
- Berries
- Cruciferous veg
- Apples
- Rosemary
- Leafy greens
- Avocados
- Green Tea
- Chia seeds
- Dark chocolate
- Turmeric
- Mushrooms
- Olive oil
- Well fermented spelt sour dough bread

Fibre Task

Rank weight for weight each food in order of amount of fibre.
1 being highest 10 being lowest.

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Values shown in 100g.



- | | |
|-------------------------|------|
| 1. Almonds | 12g |
| 2. Oats | 10g |
| 3. Wholemeal bread | 7g |
| 4. Walkers baked crisps | 6.3g |
| 5. Artichoke (globe) | 5g |
| 6. White bread | 2.7g |
| 7. Broccoli | 2.6g |
| 8. Brown Rice | 1.8g |
| 9. White rice | 0.4g |
| 10. Butter | 0g |

Colorectal cancer risk reduction

More than just fibre.....

- High intake of dietary fibre may displace less healthy foods.
- Bacterial fermentation produces short chain fatty acids such as butyrate, which is protective.
- Plant foods provide antioxidants, more folate, magnesium, lignans.
- Higher fibre diets protect against obesity and diabetes.

Oligosaccharides (a type of carbohydrate naturally found in an array of plant foods, that acts as a prebiotic) such as inulin reduces the level of beta-glucuronidase in the gut lumen, thus reducing activation of carcinogens, such as heterocyclic amines from cooked meat and fish.



Foods with calcium



Seeds – many seeds are high in calcium. Poppy seeds, sesame, celery and chia seeds.

Cheese – the calcium is more easily absorbed from cheese than it is from plant sources.

Yogurt – also rich in probiotics.

Sardines – lots of calcium due to their edible bones.

Beans and lentils – not only calcium but high in fibre too.

Almonds – many nuts have calcium but almonds are among the highest in calcium.

Leafy greens – collard greens, spinach, kale.

Rhubarb – not only has prebiotic fibre but also has some calcium. (It isn't easily absorbed by the body only about 5% of its calcium can be metabolised by humans.)

Edamame (young soy beans) – also a good source of protein and folate.

Milk – drink full fat and not skimmed if you are going to drink milk and you will also be able to absorb the fat-soluble vitamins it contains.



Summary

- Reduce inflammation with anti-inflammatory foods and cooking with the right oils for the right temperature.
- Eat plenty of plant foods, 30 different kinds a week, if possible, to increase fibre to feed your microbiome and keep your gut healthy.
- Eat dairy or calcium rich foods.
- Eat fermented foods.
- Stay hydrated, get moving if possible and try and get plenty of sleep.

