

Strength & Mobility for Tennis

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Food Guide To Reduce Inflammation

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**Decrease Inflammation, Reduce Injuries,
And Improve Overall Health**

Dr. Josh Renkens

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Collectively, we have worked with a variety of athletes over the years. We wholeheartedly believe and know to be true that diet can play a key role in your overall health, performance, and ability to recover from training. Here is our quickstep grocery list guide to get you started.

Foods To Avoid

What you need to do: Eliminate pro-inflammatory (foods that cause inflammation) foods from your life. Avoid them completely (or at least minimize consumption). Foods that cause inflammation include the following:

All sugar products: white sugar, corn syrup, high fructose corn syrup, corn syrup solids, brown sugar, agave nectar, sugar alcohols, fruit juices, soda, candies, and all baked sweets.

Gluten: This means grains and grain products; including breads, pastas, cereals, pretzels, crackers, other packaged snacks, and any other product made with grains or flours from grains.

Dairy products: milk, yogurt, frozen yogurt, cheese, cottage cheese, and ice cream. Unsalted, organic butter is allowed.

All soy products: tofu, tempeh, seitan, frozen soy products, textured vegetable protein, soy milk, soy yogurt, soy sauce, and soy protein

All artificial sweeteners and artificial colors: aspartame, sucralose, dyes like Yellow #5. There are no exceptions. If you want to use something to sweeten a recipe, use stevia. Stevia is a natural plant leaf herb and is actually thirty times sweeter than processed sugar. Stevia has zero calories.

Vegetable oils: corn oil, safflower oil, sunflower oil, cottonseed oil, peanut oil, soybean oil, and other foods made with these oils including, mayonnaise, tartar sauce, and many salad dressings

Partially hydrogenated oils. These are trans fats and are found in margarine, deep fried foods, and virtually all packaged foods.

Note: According to Dr. Mark Hyman, “the two most common sources of inflammation in the 21st century are sugar (refined carbohydrates) and hidden food allergies (perhaps most important, gluten).”

As often as possible, **avoid meat and eggs from grain-fed animals**. These are problematic because they contain many more pro-inflammatory omega-6 fats and saturated fats than their grass-fed counterparts. When eating meat and eggs, go for the lean, skinless, grass-fed and wild game varieties.

Foods To Eat

Perhaps an easier way to break this down for you is to list the foods you should eat; that is, foods that are nutrient dense, anti-oxidant-rich, and anti-inflammatory. These foods are the following:

Vegetables: steamed, roasted, lightly stir-fried, or raw are best.

Artichokes
Asparagus
Brussel Sprouts
Broccoli
Cabbage
Cauliflower
Collards
Cucumber
Eggplant
Fennel
Green Beans
Garlic
Kale
Mushrooms
Okra
Onions
Pea Pods
Peppers
Scallions
Spinach
Squash
Sweet Potatoes (skin removed)
Swish Chard
Zucchini

Fruits: organic is best as non-organic are sprayed heavily with pesticides.

Avocados
Blueberries
Cantaloupe
Kiwi
Raspberries
Blackberries
Watermelon
Tomatoes
Apples
Oranges
Strawberries

Grass-fed, organic, wild animals and fish

Beef
Bison
Chicken
Elk
Ostrich
Turkey
Salmon

Raw, unsalted nuts and seeds:

Walnuts
Pecans
Cashews
Almonds
Macadamias
Pumpkin seeds

Heart-healthy fats:

Olive oil
Coconut oil (high heat cooking)
Avocado oil (high heat cooking)
Fish oil
Ghee

Eggs: choose the organic, cage-free variety as these are healthier.

Beverages:

Filtered Water (alkaline)
Black Tea
Green Tea
White Tea
Unsweetened Almond Milk

Spices and Herbs: several spices and herbs can provide reduce inflammation throughout your body. Stay away from seasoning blends that are high in sodium content.

Turmeric
Rosemary
Cinnamon
Chipotle
Celery root

Summary

The fewer inflammatory foods you eat, the less inflammation you will have and feel. Remember this: every bite of food you eat, you are either adding inflammation to your body and tissues, or you are putting out some of the inflammation. It is a fact that we cannot avoid. Once you know what foods are inflammatory and which are not, is not complicated. Follow the KISS method (keep it simple-stupid) by making water your beverage of choice and eat mostly vegetables, chicken, lean meat, nuts, fruits, and heart-healthy fats and oils.

Many people may find it distressing that they cannot eat the foods they are so accustomed to eating. Many will have a difficult time giving up the emotional connection they have with food. Measure your enjoyment of these types of foods against your desire to lose weight and get rid of your pain. Ultimately, you can eat whatever you want to eat. After all, your health is your responsibility. You and you alone decide what you eat.

Due to differences in genetic make-up, one person may be able to handle more inflammatory foods than the next. However, most inflammatory diseases develop slowly over time and without any immediate symptoms. Therefore, we all need to give thoughtful consideration to the foods and beverages we choose to consume. Do not take your performance and health for granted, and more importantly, do not mistake the absence of symptoms with perfect health.