



Triangle Regen Medicine
& Biologics Center

Inflammation-Resolving Foods

The Link between Pain, Inflammation, and Diet

Food choices play a significant role in resolving chronic inflammation and reducing the pain of arthritis and neuropathy. Below is a general guideline.

General Dietary Guidelines

1. Minimize intake of commercially prepared meals, snacks, and beverages. Many contain sweeteners (especially high-fructose corn syrup) and saturated/trans fats that worsen chronic inflammation.
2. Include a wide variety of fruits and vegetables, fish, whole grains (such as brown rice), beans, and lentils in your diet. Try to "eat the rainbow" with foods of different colors.
3. Cook primarily with extra-virgin olive or avocado oil. Avoid partially hydrogenated oils, margarine, vegetable shortening, corn, cottonseed, or mixed vegetable oils.
4. Add nuts, including walnuts, cashews, almonds, and butter made from these nuts or seeds.
5. Increase omega-3 fats in your diet. This can be achieved by consuming 2-4 ounce servings per week of salmon (fresh, frozen, or canned, preferably wild rather than farmed), sardines packed in water or olive oil, herring, and free-range or omega-3 fortified eggs. Plant-derived omega-3s are also found in flaxseeds.
6. Enjoy teas, particularly green, white, or oolong. If you consume alcohol, red wine is preferred in moderation.
7. If you eat chocolate, enjoy dark chocolate (with a minimum cocoa content of 70 percent).

Dietary Supplements

1. Please be mindful that dietary supplements can change the metabolism of medications. If you are on long-term medication, especially blood thinners, please discuss their use with your physician prior to starting supplements or making significant diet changes.
2. If you are not eating omega-3-rich fish at least twice a week, consider taking an omega-3 supplement in capsule or liquid form. The inflammation-resolving part of fish oil is DHA/EPA. Check the labels carefully to identify the amount of EPA and DHA in the supplement. I usually encourage patients to take 1,200-2,000mg/day of these components (combined). Look for products certified to be free of heavy metals and other contaminants.
3. Consider incorporating ginger and turmeric (curcuminoids) into your cooking. If taken as a supplement, a curcuminoid dose between 500-1,000mg/day may be helpful. It is better absorbed when consumed with black pepper.
4. A supplement with Vitamin D₃ with 1,000-2,000 IU (25-50mcg) may be helpful, especially if you have a history of lower Vitamin D levels or minimize sun exposure.

Water

Drink water or drinks that are mostly water (e.g., tea) throughout the day. Consider a water filter for your tap water.