

L.E.A.N. Consulting

Anti-Inflammatory Meal Plan

Food Source	Health Benefit	How to Enjoy
Salmon	*Omega-3 Fatty Acids	As an entrée grilled, baked, or broiled; on a salad; canned salmon on crackers; sushi.
Tuna	Omega-3 Fatty Acids, folate, niacin	As an entrée grilled, baked, or broiled; on a salad; canned tuna on crackers; sandwich; sushi
Ground or Whole Flaxseeds	Omega-3 Fatty Acids, **phytoestrogens, fiber	On top of cereal or yogurt; in a smoothie; in homemade baked goods (breads, muffins, cookies, and granola).
Oatmeal	Omega-3 Fatty Acids, calcium, magnesium, folate, , niacin, potassium, soluble fiber	Hot cereal; add to homemade baked goods (breads, muffins, cookies and granola).
Beans & Legumes	Plant Omega-3 and Omega-6 Fatty Acids, B-complex vitamins, niacin, folate, magnesium, calcium, soluble fiber	On top of salad; in soup; in a burrito or a tostada; as a side dish.
Almonds	Plant Omega-3 Fatty Acids, vitamin E, magnesium, calcium, ***phytosterols,, heart healthy mono- and polyunsaturated fats, fiber	As a healthy snack or in trail mix; on top of cereal, yogurt or salads; in homemade baked goods (breads, muffins, cookies or granola).
Walnuts	Plant omega-3 Fatty Acids, Vitamin E, magnesium, folate,, fiber, phytosterols	As a healthy snack plain or in trail mix; on top of cereal, yogurt or salads; in homemade baked goods (breads, muffins, cookies or granola).

References:
Academy of Nutrition and Dietetics
American Heart Association
Harvard School of Public Health
Mayo Clinic