

FAST FACTS

Inflammatory foods

Quell the fire

EAT 
SLEEP 
MOVE 
STRESS 

Whilst all foods have the potential to cause inflammation if a person is reactive to them, there are certain foods that are frequently found to be inflammatory.

Of these, some of the most common culprits include dairy, gluten and wheat, refined sugars, red meat and processed meats, fried foods, poor quality fats, and trans-fats. Eggs, soy products, and tree nuts are also commonly found to be inflammatory in some people.

How can foods cause inflammation?

Foods contain proteins, fats, and other constituents, that when digested are absorbed from the gut, into the blood, and circulated throughout the body. Our immune system is always in surveillance mode, checking on everything that comes from outside to in, and when our immune cells encounter something that they don't recognise, they send out signalling molecules to initiate inflammation.

There are several immune pathways that this can occur from:

Allergies

Foods that trigger an allergic reaction are mediated by an immunoglobulin-E (IgE) class reaction. This will typically cause a histamine reaction which amplifies the inflammatory response. In many people allergic reactions are quite mild, and they may not notice any specific signs or symptoms, yet may develop eczema, dermatitis, sinusitis, or experience headaches and fatigue. Others can have a severe allergic reaction known as anaphylaxis which can be potentially life threatening.

Sensitivities

Sensitivities are not allergies and are generally measured by immunoglobulin-G (IgG) type reactions. IgG reactions start slowly, but can last for several weeks causing inflammation. Persistent IgG sensitivities can lead to systemic inflammatory disorders such as chronic fatigue, autoimmune disorders, IBS/IBD, migraines, and leaky gut.

Resources

[Anti-inflammatory food guide](#)



Non-Allergy/Sensitivity

Certain foods such as sugar, poor quality fats, and trans-fats, are rapidly taken up in to the body and transported to cells where they are incorporated into various structures and functions. Once in the cell they can interfere with optimal cellular function, causing the immune system to initiate inflammation to remove the dysfunctional cells, over time this cycle of cell breakdown can lead to chronic inflammation. Other foods such as the nightshade family (Tomatoes, eggplant, potatoes, capsicum) contain naturally occurring compounds that are inflammatory in some people. Oxalates, nitrates, lectins, and FODMAP containing foods are other examples of potentially inflammatory foods.

How can I avoid inflammatory foods?

The best way to identify foods that you may be reactive to is to do a food reactivity test to check for IgE and/or IgG food reactions. You can speak with your practitioner about food testing.

You can follow an anti-inflammatory diet style that will typically remove common inflammatory foods such as dairy, gluten/wheat, eggs, refined sugars and carbohydrates, alcohol, and poor quality fats. An anti-inflammatory diet includes abundant, wholefood, fruits and vegetables, lean quality proteins, good quality fats, and fibre which help protect against inflammation.