

The Anti-Inflammatory Diet

This is not an entirely evidence-based diet, but may help people with migraine, multiple sclerosis and other inflammatory conditions.

Foods to Eat: Anti-Inflammatory

Cherries and blueberries, blackcurrants blackberries dark red grapes
red wine, in moderation
dark leafy greens, including kale and spinach
nutrition-dense vegetables, such as broccoli and cauliflower
beans and lentils
avocado and coconut
olives
extra virgin olive oil
walnuts, pistachios, pine nuts, and almonds
fish, especially cold water fish (fatty/oily fish), including salmon and sardines
spices and herbs especially turmeric and cinnamon
dark chocolate
green tea

Foods to Avoid: Pro-Inflammatory

red meat
processed meats including burgers and sausages
processed snack foods, such as chips and crackers
margarine, soybean oil & vegetable oil
fried foods
gluten & too many carbohydrates
refined carbohydrates
 sugary drinks sweet desserts
 cakes, pasties & biscuits
 sweets & ice cream
 white bread
 white pasta
excess alcohol

Some people find that foods in the nightshades family, such as tomatoes, eggplants, peppers, and potatoes, can trigger flares in some inflammatory diseases. There is limited evidence of this, but a person can try cutting nightshades from the diet for 2–3 weeks to see if their symptoms improve.

Anti-inflammatory diet tips

planning shopping lists to ensure healthful meals and snacks are on hand
carrying small anti-inflammatory snacks while on the go
drinking more water
staying within the daily calorie requirements
adding supplements, such as omega-3 to the diet
exercising regularly
getting a proper amount of sleep

References

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5557559/>
<https://www.ncbi.nlm.nih.gov/pubmed/30999247>
<https://onlinelibrary.wiley.com/doi/full/10.1002/ejp.1207>