

## ANTI-INFLAMMATORY DIET FOR RESPIRATORY HEALTH

*Enhancing Sinus & Lung Function Through Nutrition*

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### BEST ANTI-INFLAMMATORY FOODS



**Bok Choy**



**Apples**



**Black beans**



**Wild Salmon**



**Pineapples**



**Broccoli**



**Virgin Olive Oil**



**Flaxseeds**



**Beets**



**Chia Seeds**



**Bone Broth**



**Olive Oil**



**Blueberries**



**Ginger**



**Turmeric**

DIETINGWELL.COM

**Medikeri's Superspeciality ENT Center**

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## **Understanding Inflammation & Respiratory Health**

Chronic inflammation contributes to various respiratory issues, including sinusitis, asthma, and chronic obstructive pulmonary disease (COPD). Scientific research highlights the role of an anti-inflammatory diet in reducing systemic inflammation, which can significantly improve respiratory function.

### **Benefits of an Anti-Inflammatory Diet on the Respiratory System**

- **Sinus Health:** Reduces nasal inflammation, congestion, and recurrent sinus infections.
- **Lung Function:** Improves breathing capacity and helps in conditions like asthma and COPD.
- **Immune Support:** Strengthens immunity and reduces the severity of respiratory infections.



# — THE 10 BEST — ANTI-INFLAMMATORY FOODS



COLD-WATER  
FATTY FISH



GRASS-FED &  
WILD GAME MEATS



TURMERIC  
ROOT



GINGER



LEAFY GREENS



HOT PEPPERS



BLUEBERRIES



BEETS



PINEAPPLE



BROCCOLI

## Evidence-Based Dietary Recommendations

Incorporate these anti-inflammatory foods to improve respiratory health:

- **Fruits:** Berries, cherries, and pomegranates (rich in antioxidants).
- **Vegetables:** Dark leafy greens (spinach, kale) and cruciferous vegetables.
- **Whole Grains:** Brown rice, quinoa, and oats for gut health.
- **Healthy Fats:** Olive oil, avocados, and omega-3-rich foods like salmon and flaxseeds.
- **Herbs & Spices:** Turmeric, ginger, and garlic for their anti-inflammatory properties.

## 6-Day Anti-Inflammatory Diet Plan

### Day 1

- **Vegetarian 1:** Oats with flaxseeds, almonds, and berries.
- **Vegetarian 2:** Paneer stir-fry with quinoa and vegetables.
- **Vegan:** Chia seed pudding with almond milk and nuts.
- **Meat Option 1:** Grilled salmon with roasted sweet potatoes.
- **Meat Option 2:** Chicken and avocado whole-grain wrap.
- **Meat Option 3:** Mackerel curry with brown rice.

### Day 2

- **Vegetarian 1:** Spinach and feta omelet with whole-grain toast.
- **Vegetarian 2:** Lentil soup with mixed greens.
- **Vegan:** Chickpea and quinoa salad with lemon dressing.
- **Meat Option 1:** Grilled turkey with sautéed greens.
- **Meat Option 2:** Baked salmon with broccoli and wild rice.
- **Meat Option 3:** Chicken and vegetable stew.

### Day 3

- **Vegetarian 1:** Greek yogurt with walnuts and pomegranates.
- **Vegetarian 2:** Stir-fried tofu with brown rice and vegetables.
- **Vegan:** Smoothie bowl with coconut milk, banana, and flaxseeds.
- **Meat Option 1:** Grilled shrimp with quinoa and avocado salad.
- **Meat Option 2:** Turkey and spinach stuffed bell peppers.
- **Meat Option 3:** Roasted chicken with sweet potatoes and steamed greens.

### Day 4

- **Vegetarian 1:** Whole grain toast with avocado and poached eggs.

- **Vegetarian 2:** Chickpea curry with brown rice.
- **Vegan:** Tofu scramble with vegetables and whole-grain toast.
- **Meat Option 1:** Grilled chicken with quinoa and roasted vegetables.
- **Meat Option 2:** Sardine salad with olive oil and mixed greens.
- **Meat Option 3:** Lean beef stir-fry with bell peppers and brown rice.

#### Day 5

- **Vegetarian 1:** Cottage cheese with flaxseeds and banana.
- **Vegetarian 2:** Spinach and ricotta stuffed mushrooms.
- **Vegan:** Lentil and vegetable stew with whole-grain bread.
- **Meat Option 1:** Grilled tuna with a citrus vinaigrette.
- **Meat Option 2:** Chicken and vegetable kebabs with quinoa.
- **Meat Option 3:** Baked salmon with sweet potato mash.

#### Day 6

- **Vegetarian 1:** Almond butter on whole-grain toast with chia seeds.
- **Vegetarian 2:** Vegetable and paneer skewers with hummus.
- **Vegan:** Quinoa and roasted vegetable salad.
- **Meat Option 1:** Shrimp stir-fry with bok choy and brown rice.
- **Meat Option 2:** Grilled turkey breast with spinach salad.
- **Meat Option 3:** Baked cod with lemon and steamed asparagus.



# Anti-inflammatory Foods



flaxseed



green tea



turmeric



cantaloupe



avocado



walnuts



lemon



berries



pineapple



kale



garlic



broccoli

## Lifestyle Tips to Reduce Inflammation

- ✓ **Exercise:** Engage in moderate physical activity daily.
  - ✓ **Adequate Sleep:** Aim for 7-8 hours of quality rest.
  - ✓ **Stress Management:** Practice meditation and mindfulness.
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### **Empower Your Respiratory Health!**

Adopt an anti-inflammatory diet and lifestyle for better lung and sinus health. Consult with our specialists for personalized advice.

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