

4 Steps to an Anti-Inflammatory Pantry

Most pantries hold a confusing mix of healthful and unhealthy food items, but cleaning out the questionable ones and replacing those with better choices isn't really all that difficult. Start with the following guidelines:

Toss out any cereals and breads that are refined, presweetened or made with white flour, and replace them with organic, high-fiber cereals, steel-cut oats or organic, natural instant varieties of hot cereals, and whole-grain breads.

Replace instant soups (which can be very high in sodium), rice or noodle mixes (often high in sodium and undesirable fats) with whole grains such as brown rice, barley or bulgur wheat, dried beans, peas and lentils. Keep some low-sodium vegetable stock on hand for flavor.

Ditch the instant drink mixes such as flavored waters, instant coffee and sugary hot chocolate mixes, and replace with high quality green, white or oolong tea and sparkling water.

Add some spices - an important part of the anti-inflammatory diet. Herbs are best when used fresh, but dried herbs, such as basil, sage, thyme, and rosemary, can keep their healthful characteristics and distinctive flavors very well when stored in sealed containers.

-Dr.Weil