

Added Sugars

添加糖

Sugar hides in more places than you think—sauces, cereals and drinks are common culprits. Consuming too much can increase inflammation and raise the risk of diabetes, obesity and heart disease.

Better choice: Fresh fruit, a dash of cinnamon, or natural sweeteners like honey or stevia.

糖广泛隐藏在酱料、谷类食品和饮料中，摄入过多会增加炎症风险，并提高罹患糖尿病、肥胖和心脏病的几率。

更佳的选择：新鲜水果、少量肉桂粉或天然甜味剂（如蜂蜜或甜菊糖）。

Refined Carbs

精制碳水

White bread, pasta and white rice spike your blood sugar, leading to crashes that place stress on the body.

Better choice: Whole grains like quinoa, oats, brown rice, or starchy vegetables like sweet potatoes.

白面包、意大利面和白米饭会使血糖迅速升高，随后骤降，从而给身体带来压力。

更佳的选择：全谷物（如藜麦、燕麦、糙米）或含淀粉蔬菜（如红薯）。

Ultra-Processed Foods

超加工食品

From chips and cookies to frozen meals, many processed foods contain additives your body sees as foreign. These can disrupt gut health and fuel inflammation.

Better choice: Opt for whole foods with short, simple ingredient lists that you recognize.

从薯片、饼干到冷冻食品，许多加工食品都含有身体视为异物的添加剂。这些添加剂会扰乱肠道健康并引发炎症。

更佳的选择：选择成分简单且易于识别的天然食品。

Processed Meats

加工肉类

Bacon, sausages and deli meats are often loaded with preservatives, salt and fats that may worsen inflammation over time.

Better choice: Choose nitrate-free or "uncured" versions—and eat them less often.

培根、香肠和熟食肉类通常含有大量防腐剂、盐和脂肪，长期食用可能会加重炎症。

更佳的选择：选择不含硝酸盐或“未腌制”的产品，并且少吃。

Omega-6 Overload

过量奥美加-6脂肪酸

Vegetable oils such as soybean, corn and sunflower are high in omega-6 fatty acids and are in many packaged foods. While not harmful in small amounts, an imbalance—too many omega-6s and too few omega-3s—can drive inflammation.

Better choice: Add omega-3-rich foods like flaxseeds, walnuts, chia seeds and fatty fish.

大豆油、玉米油和葵花籽油等植物油富含奥美加-6脂肪酸，广泛存在于包装食品中。虽然少量食用无害，但奥美加-6与奥美加-3的比例失衡时，则可能导致炎症。

更佳的选择：添加富含奥美加-3脂肪酸的食物，如亚麻籽、核桃、奇亚籽和富含脂肪的深海鱼类。

Too Much Alcohol

饮酒过量

While moderate alcohol—like a glass of red wine—may have some benefits, one needs to realize that every drop of alcohol is poison to the body, consuming alcohol over the individual's threshold level may irritate the body, disrupt gut health and drive inflammation.

Better choice: Stick to moderate intake and hydrate with water, coconut water, lemon water or herbal teas.

虽然适量饮酒（比如一杯红酒）可能对身体有益，但人们需要明白，每一滴酒精都是对身体的毒害。一旦饮酒量超过个人的阈值，就可能刺激身体、扰乱肠道健康并引发炎症。

更佳的选择：坚持适量饮酒，并通过喝水、椰子水、柠檬水或花草茶来补充水分。

Trans Fats

反式脂肪

Found in some fried foods, margarine, fast foods and baked goods, trans fats are artificially created and strongly linked to increased inflammation and heart disease.

Better choice: Avoid products with "partially hydrogenated oils" on the label and use healthy fats like coconut oil or avocado oil.

油炸食物、人造黄油、快餐及部分烘焙食品中都可能含有反式脂肪，这种人工合成物质与炎症加剧和心血管疾病密切相关。

更佳的选择：避免购买标签上有“部分氢化油”的产品，改用椰子油或酪梨油等健康脂肪。

Artificial Sweeteners

人工甜味剂

Some sugar substitutes may disrupt gut bacteria and trigger inflammation in sensitive individuals.

Better choice: Choose natural alternatives like honey or stevia.

一部分人工代糖可能扰乱肠道菌群，并在敏感人群中诱发炎症反应。

更佳的选择：选择天然替代品，如蜂蜜或甜菊糖。

STOP
FEEL
INFLAMMATION
停止
喂养
炎症

Foods That **FAN** the **FLAME**
促炎食物



Foods That CALM the FIRE 抗炎食物

OP DING LAM- TION

Reducing inflammation isn't about perfection—it's about progress. Start by avoiding the biggest triggers (like added sugars, processed foods, trans fat), and add more whole, nourishing ingredients to your plate. Small, smart choices every day = big changes over time.

减少炎症并非追求完美——而是追求进步。首先应避免主要诱因（如添加糖、加工食品、反式脂肪），并在日常饮食中增加更多天然、营养丰富的食材。每天做出小而明智的选择，随着时间的推移将带来显著变化。

Whole Grains & Fibre 全谷类与膳食纤维

- Quinoa, brown rice, oats, barley, millet
- Lentils, chickpeas, black beans
- 藜麦、糙米、燕麦、大麦、小米
- 扁豆、鹰嘴豆、黑豆

Healthy Fats 健康脂肪

- Flaxseed oil, extra virgin coconut oil, avocado oil, olive oil
- Walnuts, almonds, chia seeds
- 亚麻籽油、特机初榨纯鲜椰子油、酪梨油、橄榄油
- 核桃、杏仁、奇亚籽

Fruits & Veggies 水果和蔬菜

- Berries (blueberries, strawberries)
- Leafy greens (spinach, kale)
- Sweet potatoes, tomatoes, avocados, pineapples, apples, citrus fruits
- Broccoli, onions, bell peppers, garlic
- 浆果类（蓝莓、草莓）
- 深绿色叶菜（菠菜、羽衣甘蓝）
- 红薯、番茄、酪梨、凤梨、苹果、柑橘
- 花椰菜、洋葱、甜椒、大蒜

Herbs & Spices 香草和香料

- Turmeric, ginger, cinnamon
- Fresh herbs like parsley, basil, cilantro
- 姜黄、生姜、肉桂
- 新鲜香草如欧芹、罗勒、芫荽

Protein 蛋白质

- Deep sea wild-caught fish, organic eggs, free range chicken, spirulina, tofu, yoghurt
- 深海野生捕捞鱼、有机鸡蛋、放养鸡、螺旋藻、豆腐、酸乳酪

Drinks 饮品

- Distilled water (add lemon or mint)
- Green tea
- Apple cider vinegar
- 蒸馏水（可加柠檬或薄荷）
- 绿茶
- 苹果醋

