

Foods to Eat	How Much	Why	Best Sources
Olive Oil	Two to three tablespoons daily	Olive oil is loaded with heart-healthy fats, as well as oleocanthal, which has properties similar to nonsteroidal, anti-inflammatory drugs. "This compound inhibits activity of COX enzymes, with a pharmacological action similar to ibuprofen," says Ordovás. Inhibiting these enzymes dampens the body's inflammatory processes and reduces pain sensitivity.	<p>Extra virgin olive oil goes through less refining and processing, so it retains more nutrients than standard varieties.</p> <p>Avocado and safflower oils have shown cholesterol-lowering properties.</p> <p>Walnut oil has 10 times the omega-3s that olive oil has.</p>
Beans	About one cup, twice a week (or more)	<p>Beans are loaded with fiber and phytonutrients, which help lower CRP, an indicator of inflammation found in the blood. At high levels, CRP could indicate anything from an infection to RA. In a study published in <i>The Journal of Food Composition and Analysis</i> in 2012, scientists analyzed the nutrient content of 10 common bean varieties and identified a host of antioxidant and anti-inflammatory compounds.</p> <p>Beans are also an excellent and inexpensive source of protein, with about 15 grams per cup, which is important for muscle health</p>	<p>Small red beans Red kidney beans Pinto beans</p> <p>These rank among the U.S. Department of Agriculture's top four antioxidant-containing foods (wild blueberries being in the number 2 spot)</p>
Whole Grains	<p>Eat a total of 6 ounces of grains per day; at least 3 of which should come from whole grains.</p> <p>One ounce of whole grain would be equal to ½ cup cooked brown rice or 1 slice of whole-wheat bread.</p>	Whole grains contain plenty of filling fiber – which can help you maintain a healthy weight. Some studies have also shown that fiber and fiber-rich foods can lower blood levels of the inflammatory marker C-reactive protein.	<p>Eat foods made with the entire grain kernel, like whole-wheat flour, oatmeal, bulgur, brown rice, and quinoa.</p> <p>Some people may need to be careful about which whole grains they eat due to: Gluten – a protein found in wheat and other grains that has been linked to inflammation for some people.</p> <p><i>See Gluten Diet</i></p>