

anti inflammatory diet oatmeal

Understanding the Anti-Inflammatory Power of Oatmeal

Anti inflammatory diet oatmeal offers a potent combination for combating chronic inflammation, a root cause of many modern diseases. This humble grain, often overlooked for its significant health benefits, acts as a cornerstone for a diet aimed at reducing inflammation throughout the body. By incorporating oatmeal strategically, individuals can harness its natural compounds to support their overall well-being and mitigate the risks associated with inflammatory conditions. This article delves into the multifaceted advantages of oatmeal within an anti-inflammatory eating pattern, exploring its nutritional profile, the science behind its effects, and practical ways to integrate it into daily meals for maximum benefit.

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What Makes Oatmeal an Anti-Inflammatory Champion?

Oatmeal's remarkable ability to fight inflammation stems from its rich nutrient density and the presence of specific bioactive compounds. It is a

powerhouse of soluble and insoluble fiber, vitamins, minerals, and antioxidants, all of which contribute to its therapeutic effects. The complex carbohydrates in oatmeal provide sustained energy release, preventing blood sugar spikes that can exacerbate inflammation. Furthermore, its gentle nature on the digestive system makes it an excellent choice for individuals with sensitive guts or inflammatory bowel conditions.

Fiber's Role in Reducing Inflammation

The high fiber content in oatmeal is arguably its most significant anti-inflammatory asset. Soluble fiber, in particular, forms a gel-like substance in the digestive tract. This gel binds to cholesterol and bile acids, promoting their excretion and thereby lowering LDL ("bad") cholesterol levels. High cholesterol is often linked to increased inflammation, so reducing it through dietary means like consuming oatmeal can have a profound impact on inflammatory markers in the body. Insoluble fiber, while not directly binding to cholesterol, aids in digestive regularity and promotes a healthy gut microbiome, which is intrinsically linked to immune function and inflammation control.

Antioxidants in Oatmeal

Oatmeal is a surprisingly good source of antioxidants, including avenanthramides. These unique compounds are found almost exclusively in oats and are known for their potent anti-inflammatory and antioxidant activities. Avenanthramides have been shown to inhibit the production of pro-inflammatory cytokines, which are signaling molecules that drive inflammation in the body. They also possess antioxidant properties that help neutralize free radicals, unstable molecules that can damage cells and contribute to oxidative stress and inflammation.

The Science Behind Oatmeal's Anti-Inflammatory Properties

The scientific community has increasingly recognized oatmeal's role in managing inflammatory conditions. Research has explored how its components interact with the body's inflammatory pathways, providing a solid foundation for its inclusion in an anti-inflammatory diet. The synergy of its fiber, antioxidants, and other micronutrients creates a multifaceted approach to reducing inflammation.

Beta-Glucan: The Star Player

The soluble fiber in oatmeal, primarily beta-glucan, is the star player in its anti-inflammatory action. Beta-glucan's ability to modulate the immune

response is well-documented. It interacts with immune cells in the gut, influencing their activity and promoting a less inflammatory state. Studies have shown that beta-glucan can downregulate the production of inflammatory cytokines and upregulate the production of anti-inflammatory cytokines, effectively shifting the balance towards immune tolerance.

Gut Health and Inflammation

A healthy gut microbiome is essential for a well-regulated immune system and the control of inflammation. Oatmeal, as a prebiotic food, feeds beneficial gut bacteria. These bacteria, in turn, produce short-chain fatty acids (SCFAs) like butyrate. Butyrate is a crucial energy source for colonocytes (cells lining the colon) and possesses powerful anti-inflammatory properties. It helps to strengthen the gut barrier, preventing the leakage of toxins and inflammatory substances into the bloodstream, a phenomenon often referred to as "leaky gut" and a significant contributor to systemic inflammation.

Types of Oatmeal and Their Anti-Inflammatory Potential

Not all oats are created equal when it comes to processing, and this can affect their nutritional impact and glycemic response. Understanding the different types of oatmeal will help you make informed choices that align with an anti-inflammatory diet.

Steel-Cut Oats

Steel-cut oats, also known as Irish oats, are whole oat groats that have been cut into two or three pieces with steel blades. They are the least processed form of oats and retain most of their nutritional value. Because of their structure, they take longer to cook and have a lower glycemic index compared to rolled or instant oats, leading to a more gradual rise in blood sugar. This slower digestion is beneficial for maintaining stable energy levels and reducing inflammatory spikes.

Rolled Oats (Old-Fashioned Oats)

Rolled oats are whole oat groats that have been steamed and then rolled flat. This process makes them cook faster than steel-cut oats but still preserves a significant amount of their fiber and nutrients. They are a versatile option and offer a good balance of nutritional benefits and convenience for an anti-inflammatory breakfast.

Instant Oats

Instant oats are the most processed type, typically pre-cooked, dried, and rolled very thin. They cook the fastest but have undergone more significant changes to their structure. This processing can lead to a higher glycemic index and a reduction in some of the beneficial compounds. While still containing some fiber, they are generally considered less ideal for an optimal anti-inflammatory diet compared to steel-cut or rolled oats due to their quicker digestion and potential impact on blood sugar.

Oat Groats

Oat groats are the whole, unprocessed grains of oats. They are the least processed and require the longest cooking time. While they offer the most complete nutritional profile, their longer preparation time makes them less common for daily consumption. However, for those seeking the purest form of oatmeal, groats are an excellent choice.

How to Prepare Oatmeal for Maximum Anti-Inflammatory Benefits

The way you prepare your oatmeal significantly influences its overall health impact, especially when aiming to maximize its anti-inflammatory properties. Simple cooking methods and mindful ingredient choices are key to unlocking oatmeal's full potential.

Cooking Methods

Boiling oatmeal in water or unsweetened plant-based milk is the most straightforward and beneficial method. Avoid using refined sugars or artificial sweeteners, which can counteract the anti-inflammatory benefits. Cooking oatmeal thoroughly ensures that the beta-glucans are effectively released and digestible. The longer cooking time for steel-cut oats generally leads to a more sustained release of nutrients and a lower glycemic impact.

Adding Healthy Fats and Proteins

Enhancing oatmeal with healthy fats and proteins can further improve its anti-inflammatory profile and promote satiety. Incorporating ingredients like nuts, seeds, or a dollop of plain, unsweetened yogurt can slow down digestion, further stabilizing blood sugar levels and providing essential nutrients that support a healthy inflammatory response. This combination creates a more balanced and nutrient-dense meal.

Beyond Breakfast: Creative Anti-Inflammatory Oatmeal Meals

While oatmeal is a breakfast staple, its versatility extends far beyond the morning meal. Embracing oatmeal in savory dishes or as a base for other recipes can offer continuous anti-inflammatory benefits throughout the day.

Savory Oatmeal Bowls

Oatmeal can be transformed into a satisfying savory meal. Prepare plain oatmeal with water or broth and then top it with ingredients like sautéed spinach, mushrooms, a poached egg, avocado, and a sprinkle of turmeric or black pepper. These additions provide additional antioxidants, healthy fats, and anti-inflammatory spices, creating a complete and nourishing meal.

Oatmeal as a Binder or Thickener

The fiber content of oatmeal makes it an excellent natural binder and thickener for various recipes. It can be used in place of breadcrumbs in meatballs or meatloaf, or as a thickening agent in soups and stews. This allows you to subtly boost the anti-inflammatory power of other dishes without altering their primary flavors.

Overnight Oats for Convenience

Overnight oats, made by soaking rolled oats in liquid (like almond milk or water) overnight in the refrigerator, offer a convenient and delicious anti-inflammatory option. The soaking process softens the oats, making them easily digestible. You can then top them with berries, nuts, and seeds for a nutrient-packed meal that requires no cooking in the morning.

Foods to Pair with Oatmeal for Enhanced Anti-Inflammatory Effects

The synergy of combining oatmeal with other anti-inflammatory foods amplifies its benefits. Strategic additions can transform a simple bowl of oats into a potent anti-inflammatory powerhouse.

- **Berries:** Blueberries, raspberries, and strawberries are packed with antioxidants and anthocyanins, which have strong anti-inflammatory properties.
- **Nuts and Seeds:** Almonds, walnuts, chia seeds, and flaxseeds provide

omega-3 fatty acids, magnesium, and other anti-inflammatory nutrients.

- **Spices:** Turmeric, ginger, cinnamon, and cloves are renowned for their potent anti-inflammatory and antioxidant compounds.
- **Healthy Fats:** A small drizzle of extra virgin olive oil or a sprinkle of avocado can enhance nutrient absorption and add monounsaturated fats.
- **Unsweetened Plant-Based Milks:** Almond, soy, or oat milk can be used as a liquid base, adding subtle nutrients without inflammatory triggers.

Foods to Avoid When Building an Anti-Inflammatory Oatmeal Meal

To truly harness oatmeal's anti-inflammatory potential, it's crucial to be mindful of what you add to it. Certain ingredients can undermine its benefits and even promote inflammation.

Refined Sugars and Sweeteners

Added sugars, including white sugar, brown sugar, high-fructose corn syrup, and artificial sweeteners, can trigger inflammatory responses and negatively impact gut health. Opt for natural sweetness from fruits instead.

Processed Grains and Flours

While oatmeal is a whole grain, avoid mixing it with refined cereals or flours that offer little nutritional value and can contribute to inflammation.

Excessive Saturated and Trans Fats

Limit the addition of ingredients high in unhealthy fats, such as processed breakfast meats or excessive amounts of butter, which can promote inflammation.

Oatmeal for Specific Inflammatory Conditions

Oatmeal's anti-inflammatory properties make it a beneficial food for individuals managing a range of chronic inflammatory conditions. Its gentle nature and nutrient profile can provide relief and support overall health.

Rheumatoid Arthritis and Osteoarthritis

The anti-inflammatory compounds in oatmeal, particularly beta-glucans and avenanthramides, can help reduce joint inflammation and stiffness associated with arthritis. A diet rich in whole grains like oats is often recommended as part of a comprehensive management plan.

Inflammatory Bowel Disease (IBD)

For individuals with conditions like Crohn's disease or ulcerative colitis, oatmeal can be a well-tolerated and beneficial food. Its soluble fiber can help regulate digestion and may reduce inflammation in the gut lining. However, it's important to note individual tolerance levels, and it's advisable to consult with a healthcare professional.

Cardiovascular Health

Inflammation is a significant risk factor for heart disease. By helping to lower cholesterol, stabilize blood sugar, and reduce oxidative stress, oatmeal plays a crucial role in supporting cardiovascular health and mitigating inflammation within the circulatory system.

Incorporating Oatmeal into a Broader Anti-Inflammatory Diet

Oatmeal serves as an excellent foundation for a comprehensive anti-inflammatory diet. Its consistent inclusion, combined with a varied intake of other nutrient-dense, anti-inflammatory foods, can lead to significant improvements in health and well-being.

Building an anti-inflammatory diet is about creating a sustainable eating pattern that prioritizes whole, unprocessed foods. Oatmeal fits seamlessly into this approach by providing essential fiber, antioxidants, and sustained energy. When combined with a rainbow of fruits and vegetables, lean proteins, and healthy fats, it contributes to a powerful dietary strategy for combating chronic inflammation. Remember to focus on variety and listen to your body's signals to create a personalized and effective anti-inflammatory lifestyle.

FAQ

Q: Is oatmeal considered a low-glycemic index food

for an anti-inflammatory diet?

A: Steel-cut and rolled oats are generally considered low-to-moderate glycemic index foods, especially when prepared without added sugars. This means they cause a slower, more gradual rise in blood sugar, which is beneficial for reducing inflammation compared to high-glycemic foods. Instant oats may have a higher glycemic index due to their processing.

Q: Can adding milk to oatmeal reduce its anti-inflammatory benefits?

A: Using unsweetened plant-based milks like almond, soy, or oat milk is generally fine and can even enhance the nutrient profile. However, if you are sensitive to dairy, cow's milk might introduce inflammatory triggers for some individuals. Plain water is always a safe and effective base for cooking oatmeal for an anti-inflammatory diet.

Q: Are gluten-free oats still suitable for an anti-inflammatory diet?

A: Pure oats are naturally gluten-free. However, they are often processed in facilities that also handle wheat, barley, and rye, leading to cross-contamination. If you require gluten-free oats for an anti-inflammatory diet, ensure you purchase certified gluten-free oats to avoid potential inflammatory reactions related to gluten sensitivity.

Q: What are the best anti-inflammatory toppings for oatmeal?

A: Excellent anti-inflammatory toppings include berries (blueberries, raspberries), nuts (walnuts, almonds), seeds (chia seeds, flaxseeds), cinnamon, ginger, and a drizzle of raw honey or maple syrup (in moderation). These add antioxidants, omega-3 fatty acids, and beneficial spices.

Q: How often should I eat oatmeal to benefit from its anti-inflammatory properties?

A: Incorporating oatmeal into your diet several times a week can provide consistent anti-inflammatory benefits. For many, a daily bowl of oatmeal is a sustainable way to enjoy its advantages as part of a balanced anti-inflammatory eating pattern.

Q: Can oatmeal help with gut inflammation in

conditions like IBS?

A: Yes, the soluble fiber in oatmeal, particularly beta-glucan, can be beneficial for gut health and may help reduce inflammation in conditions like Irritable Bowel Syndrome (IBS) by promoting healthy gut bacteria and regularity. However, individual tolerance varies, so starting with small portions and monitoring your response is recommended.

Q: Is steel-cut oatmeal better than rolled oats for inflammation?

A: Steel-cut oats are less processed and have a lower glycemic index than rolled oats, leading to a slower release of sugars into the bloodstream. This can make them slightly more beneficial for managing inflammation. However, rolled oats are still a very good source of anti-inflammatory compounds and a convenient choice. The most important factor is to choose minimally processed oats and prepare them without added sugars.

Q: Should I avoid adding sugar to my oatmeal if I have an inflammatory condition?

A: Absolutely. Added sugars, including refined sugars, honey, and maple syrup, can promote inflammation. For an anti-inflammatory diet, it is best to sweeten oatmeal naturally with fruits or use minimal amounts of natural sweeteners if absolutely necessary.

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anti inflammatory diet oatmeal: Anti-Inflammatory Diet for Starters: Stress-Free Meal Plans and Recipes for Immune Support Tracie Mullins, 2025-04-14 Anti-Inflammatory Diet for Starters: A Comprehensive Guide to Reducing Inflammation and Supporting Immune Health Discover the power of anti-inflammatory nutrition in this practical guide designed for beginners. Uncover the science behind inflammation and its impact on overall health, and embark on a stress-free journey to reduce inflammation through dietary changes. This comprehensive resource offers: Clear and concise explanations: Learn about the different types of inflammation, their causes, and their effects on the body. Meal plans and recipes: Follow tailored meal plans for breakfast, lunch, dinner, and snacks, tailored to specific dietary needs and preferences. Easy-to-understand recipes: Enjoy delicious and nutritious meals with step-by-step instructions and helpful tips for success. Shopping lists and pantry staples: Plan your grocery shopping trips with confidence, knowing exactly what ingredients you'll need. Mindful eating guidance: Discover techniques for mindful eating, promoting a healthy relationship with food and reducing stress. With this essential guide, you'll empower yourself to take control of your health, reduce inflammation, and support your immune system. By following these easy-to-implement strategies, you can embark on a path to better well-being and improved quality of life.

anti inflammatory diet oatmeal: Healthy Diets to Lose Weight: Grain Free Recipes and Anti Inflammatory Ingredients Cherise Couch, 2017-05-15 Healthy Diets to Lose Weight: Grain Free Recipes and Anti Inflammatory Ingredients The Healthy Diets to Lose Weight book covers two distinctive diet plans the Grain Free Diet plan and the Anti Inflammatory Diet plan. Each plan offers recipes using healthy foods to lose weight. The main theme of the book is helping you to establish the best way to lose weight through healthy eating habits with the best diet plan. If you follow the diets and add exercise, you will be on your way in learning how to lose weight fast. The first section of the Healthy Diets to Lose Weight book covers the Grain Free Diet plan with these chapters: Tasty Grain Free Recipes and Your Grain Free Meal Plan. The second section of the Healthy Diets to Lose Weight book covers the Anti Inflammatory Diet with these chapters: The Anti Inflammation Diet, Tips for Cooking and Eating Right When on the Anti Inflammatory Diet, Are You Cooking Right, and Delicious Anti Inflammatory Recipes.

anti inflammatory diet oatmeal: Anti-Inflammatory Diet For Dummies Artemis Morris, Molly Rossiter, 2025-05-28 Practical tips and recipes for avoiding chronic inflammation and maintaining your long-term health Anti-Inflammatory Diet For Dummies equips you with the latest information on how to avoid chronic inflammation and reduce your risk of associated health conditions. Inflammation is linked to arthritis, stroke, cancer, obesity, and beyond. You can keep inflammation under control by focusing on foods and lifestyle factors that have been shown to help. This accessible and straightforward guide explains how it all works, and offers over 100 tasty and nourishing recipes that can have a real impact on your health—today and into the future. Updated with the latest research and an expanded focus on gut health, this new edition gives you what you need to keep inflammation in check. Find out what causes inflammation, and how reducing inflammation can keep you healthy Discover the basic anti-inflammatory ingredients and great recipes that keep inflammation down Learn what the latest science is saying about inflammation and conditions like breast cancer, Alzheimer's, and dementia Get relief from inflammatory symptoms and keep chronic disease at bay It's never too early or too late to start shifting to an anti-inflammatory diet and improving your long-term health. Anti-Inflammatory Diet For Dummies makes it easy.

anti inflammatory diet oatmeal: Diet Books: Anti Inflammatory Foods and Detox Recipes Anna James, Margaret Torres, 2013-10-27 Diet Books: Anti Inflammatory Foods and Detox Recipes Have you gotten tired of being on diet after diet without losing weight or experiencing better health? This book is designed to help you fight the problems associated with most diet and weight loss plans while improving your overall health and wellbeing. The world is full of dieting books for people interested in weight loss, but many of them don't support good health. They focus only on getting rid of the weight and not on making sure your body stays in good condition. That can cause real problems later on, when you see yourself losing muscle mass, or when you continue to suffer from

the tiredness and other problems brought on by toxic, inflammatory foods. Conventional diet books pay attention to factors like fat content, carbohydrate levels, or calorie percentages. These are all an important part of successful dieting, but they're not sufficient to help you lose weight and reclaim your health. That's because these diet cookbooks ignore the role of toxins and inflammation in weight gain and physical problems. This book provides the recipes and resources you need to get your systems back under your control and start taking off unhealthy fat. You'll enjoy great meals featuring fruit smoothies, crisp salads, risottos and homemade chips and dips. You'll also get the chance to try out anti-inflammatory foods based on lean protein and plenty of health-boosting fresh vegetables. These foods are designed to support good health without losing out on flavor. Once you've tried them, you'll never go back to the way you used to eat. Great health and a beautiful body are compatible goals. You just need to choose a diet that includes beneficial foods. Decrease toxin and inflammation levels, slim down, and boost your health by enjoying these simple recipes. It won't take long until you're amazed that you ever ate any other way.

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anti inflammatory diet oatmeal: *Meal Ideas: Dash Diet and Anti Inflammatory Meals for Weight Loss* Tammy Gonzales, 2017-05-15 *Meal Ideas: DASH Diet and Anti Inflammatory Meals for Weight Loss* Do you struggle to come up with a menu for your meals? *Meal Ideas* is here to help with a comprehensive listing of recipes from two distinctive diet plans, the Anti Inflammatory Diet and the DASH Diet. Often we choose foods and meals that are not healthy. This is evident in the number of people who suffer from being overweight, hypertension, high cholesterol, and other debilitating conditions. The recipes within this book will give you good meal plan ideas for those who suffer with conditions that cause inflammation such as arthritis and hypertension. The first section of *Meal Ideas* covers the Anti Inflammatory Diet with these categories: Inflammation Problems, The Anti Inflammation Diet, Tips for Cooking and Eating Right When on the Anti Inflammatory Diet, Are You Cooking Right, and Delicious Anti Inflammatory Recipes. A sampling of the recipes includes: Polynesian Chicken, Turkey Curry, Black Bean Huevos Rancheros, Hearty Bean Dinner, Meaty Beans and Rice, Chicken and Lentils, Maple Flavored Salmon, Baked Garlic Salmon, Mixed Veggie Salad, Delicious Cucumber Salad, Tofu Scramble, Lime and Cilantro Tofu, Fruit Salad, Banana Nut Breakfast Cereal, Healthy Oatmeal, Tofu Watercress Salad, Baked Tofu, and Tofu Salad. The second section of the *Meal Ideas* book covers the DASH DIET with these categories: What is the DASH Diet, DASH Study Daily Nutrient Goals, Dash Diet Guidelines, Exercise and the DASH DIET, Appetizers, Beverages, Breakfast, Main Dishes, Sides, Salads, Soups, and DASH Diet 5 Day Sample Menu. A sample of the included recipes are: Meatless Lentil Chili, Tabbouleh with Tomatoes, Spicy Steamed Eggplant with Peanut Sauce, Basic Barbeque Pork Chops, Broiled Almond Banana Toast No Booze Margarita, Stuffed Portabella Mushrooms, Vegetable Sushi, Spicy Sweet and Tangy Herbal Tea, Healthy Homemade Granola, Vegetable Medley Pasta Sauce, and Rice Pilaf with Saffron.

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anti inflammatory diet oatmeal: Anti-inflammatory diet The food that heals, gives natural health and vitality Nina Marie Greenfield, 2023-06-17 Discover the transformative power of an anti-inflammatory diet and change your life for the better! Our book provides you with the comprehensive knowledge and practical strategies you need to reduce inflammation in your body and optimise your health. Dive into the fascinating world of anti-inflammatory nutrients, life-changing diet plans and holistic lifestyle strategies. Why should you read this book? Here are some of the compelling topics that await you: The importance of chronic inflammation to health: learn how inflammation is linked to various diseases such as cardiovascular disease, diabetes and autoimmune disorders. Foods that promote inflammation and their effects: Discover which foods promote inflammation and how they can negatively impact your body. Be prepared to rethink your eating habits! Anti-inflammatory foods: Learn which delicious and nutrient-rich foods can effectively reduce inflammation in your body. From berries and leafy green vegetables to omega-3 fatty acids and spices, discover the secrets to an anti-inflammatory diet. Diet plans and strategies for implementation: Learn how to create a personalised anti-inflammatory diet plan and gradually change your diet. We give you practical tips to manage cravings and prepare healthy meals. Lifestyle factors to support anti-inflammatory eating: Learn how exercise, stress management, adequate sleep and mindfulness can support your efforts to control inflammation. Learn how to adapt your lifestyle for maximum results. Nutritional supplements and anti-inflammatory substances: Explore the variety of natural supplements that can help you fight inflammation and improve your health. From omega-3 supplements and probiotic supplements to herbal enzymes and adaptogenic herbs, we cover it all. Success stories and case studies: Get motivated by inspiring success stories and case studies. Learn how an anti-inflammatory diet has changed other people's lives and how it can improve yours too. With our book you will receive a valuable guide that will accompany you step by step on your way to an inflammation-free and healthier life. Take the chance to transform your health and feel vital and energetic again! Act now and order your copy! Start your journey to a healthy, inflammation-free life today. Start your journey to improving your health and quality of life! Your future is in your hands.

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anti inflammatory diet oatmeal: The "I Love My Instant Pot®" Anti-Inflammatory Diet Recipe Book Maryea Flaherty, 2019-10-01 Officially authorized by Instant Pot! 175

anti-inflammatory diet recipes to make for the hottest kitchen appliance—the Instant Pot for those who want fast, delicious meals the whole family will love. Chronic inflammation is a major health risk and can wreak havoc on your body, contributing to many types of diseases. But preventing and/or reducing inflammation doesn't have to be an overwhelming challenge. Diet—particularly one high in processed, fatty, and sugary foods—is one of the main causes of chronic inflammation, but by introducing anti-inflammatory meals into your diet, you can reduce inflammation and enjoy a healthier lifestyle. The Instant Pot can be used to create healthy anti-inflammatory meals that are quick, easy, and most importantly delicious. With 175 recipes and photographs throughout, this cookbook is perfect for those who follow an anti-inflammatory diet. Whether you are new to the Instant Pot or an expert, this easy-to-understand cookbook takes you step-by-step through exactly how the Instant Pot works and offers simple recipes that anyone can follow. The "I Love My Instant Pot®" Anti-Inflammatory Diet Recipe Book shows you how to make satisfying, whole-food dishes from breakfast to dinner and from snacks to dessert. Discover how quick and easy it is to follow the anti-inflammatory diet using everyone's favorite cooking appliance. This cookbook makes creating healthy recipes in your Instant Pot easier than ever!

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