Anti Inflammatory Diet Chart Indian: Simple 36-Food PDF

Free printable. Full guide and tips: https://betterlifecarez.com/anti-inflammatory-diet-chart-indian/

Anti Inflammatory Diet Chart Indian: 36 Foods and a Sample Day

Numbers are rounded approximations from USDA FoodData Central. Rows run from highest fiber (or protein) per serving down.

Dals, Legumes and Whole Grains

Food	Serving	Calories (approx.)	Fiber (approx.)	Why it's here
Masoor (lentils), cooked	1/2 cup	115	8 g	Plant protein, folate
Whole moong, cooked	1/2 cup	105	7.5 g	Gentle on digestion, folate
Rajma (kidney beans), cooked	1/2 cup	110	6.5 g	Fiber, potassium
Chana (chickpeas), cooked	1/2 cup	135	6 g	Protein plus fiber
Rolled oats, dry	1/2 cup (40 g)	150	4 g	Beta-glucan soluble fiber
Jau (barley), cooked	1/2 cup	95	3 g	Beta-glucan soluble fiber
Whole wheat roti	1 medium (1 oz atta)	100	3 g	Whole grain base
Brown rice, cooked	1/2 cup	110	2 g	Easy white rice swap

Vegetables and Greens

Food	Serving	Calories (approx.)	Fiber (approx.)	Why it's here
Green peas (matar), cooked	1/2 cup	65	4.5 g	Plant protein, vitamin K
Broccoli, cooked	1/2 cup	27	2.5 g	Vitamin C
Spinach (palak), cooked	1/2 cup	20	2 g	Vitamin K, folate
Okra (bhindi), cooked	1/2 cup	18	2 g	Soluble fiber
Carrots (gajar), raw	1/2 cup chopped	26	2 g	Beta-carotene
Cauliflower (gobi), cooked	1/2 cup	14	1.5 g	Vitamin C
Tomato	1 medium	22	1.5 g	Lycopene, vitamin C
Karela (bitter gourd), cooked	1/2 cup	12	1 g	Vitamin C, very light

Fruits, Nuts and Seeds

Food	Serving	Calories (approx.)	Fiber (approx.)	Why it's here
Apple, with skin	1 medium	95	4.5 g	Pectin fiber
Almonds (badam)	1 oz (about 23)	165	3.5 g	Vitamin E, healthy fats
Pomegranate (anar) arils	1/2 cup	72	3.5 g	Polyphenols
Guava (amrood)	1 fruit (2 oz)	37	3 g	About 125 mg vitamin C
Orange	1 medium	62	3 g	Vitamin C
Papaya	1 cup cubed	62	2.5 g	Vitamin C, folate
Walnuts (akhrot)	1 oz (14 halves)	185	2 g	Plant omega-3 (ALA)
Flaxseed (alsi), ground	1 tbsp	37	2 g	Plant omega-3 (ALA)

Protein Foods and Cooking Fats

Food	Serving	Calories (approx.)	Protein (approx.)	Why it's here
Chicken breast, cooked	3 oz	140	26 g	Lean protein, skip frying
Salmon or mackerel (bangda)	3 oz cooked	175 to 220	20 g	Omega-3 EPA and DHA
Tofu, firm	3 oz	120	13 g	Plant protein, calcium
Dahi (plain low-fat yogurt)	1 cup	155	13 g	Live cultures if labeled
Egg	1 large	72	6 g	Choline, vitamin B12
Extra virgin olive oil	1 tbsp	120	0 g	Monounsaturated fat, polyphenols

Spices, Herbs and Drinks

Item	Amount	Calories (approx.)	How to use it
Haldi (turmeric), ground	1 tsp	9	Dal tadka with black pepper
Adrak (ginger), fresh	1 tsp grated	2	Tea, dal, stir-fries
Lehsun (garlic)	1 clove	4	Tadka for dal and sabzi
Jeera (cumin) seeds	1 tsp	8	About 1.4 mg iron
Methi dana (fenugreek seeds)	1 tsp	12	About 1 g fiber
Green tea, unsweetened	1 cup (8 oz)	2	Swap for one sugary chai

Sample Day on the Chart

When	What to eat	Why it works
Early morning	Water, 5 soaked almonds	Gentle start, vitamin E
Breakfast	Moong chilla, mint chutney	Protein and fiber early
Mid-morning	1 guava or orange	Vitamin C, no added sugar
Lunch	2 rotis, palak dal, salad, dahi	Greens, fiber, live cultures
Evening snack	Roasted chana, green tea	Replaces the fried snack
Dinner	Brown rice, rajma, sautéed gobi	Legumes plus vegetables
Bedtime (optional)	Unsweetened haldi milk	Calm, low-sugar ritual

Foods to Keep Occasional

- Deep-fried snacks like samosas, pakoras and bhujia
- Mithai, jalebi and sweetened packaged drinks
- Refined maida breads and biscuits
- Processed meats and reused frying oil

Use this anti inflammatory diet chart Indian plate guide at main meals: half vegetables, a quarter dal or protein, a quarter whole grains.