

the anima edit

NOURISHMENT / EDITION 01

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# the anti-inflammatory table

A generous food framework built around variety, fibre,  
protein and pleasure - without miracle claims.

A COMPLIMENTARY READER / JULY 2026

# Think in weeks, not superfoods.

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No single ingredient can switch inflammation on or off. A varied dietary pattern is more useful than a dramatic promise.

## Choose variety

Rotate vegetables, fruit, beans, whole grains, nuts, seeds and protein sources across the week.

## Keep pleasure in the plan

A pattern that ignores culture, appetite, budget and enjoyment is difficult to sustain.

## Avoid moral labels

Food is not 'clean' or 'dirty'. It can be everyday, occasional, nourishing, comforting or simply delicious.

*Add one colour or one fibre-rich food to a meal you already like.*

# A flexible formula for lunch and dinner.

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Use proportions as a visual prompt, not a rigid prescription. Needs differ by person, health, culture and activity.

## The generous half

Begin with vegetables or fruit in colours and forms you enjoy: roasted, raw, frozen, tinned or stewed.

## The satisfying quarter

Add beans, lentils, fish, eggs, poultry, tofu or another protein that suits you.

## The grounding quarter

Choose potatoes, oats, rice, bread, pasta or another grain, favouring higher-fibre options when practical.

*Finish with flavour: olive oil, herbs, spices, citrus, tahini, yoghurt or nuts.*

# Make the nourishing choice the easy one.

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Convenience is not failure. Frozen, tinned and pre-cooked ingredients can make a good meal more realistic.

## Keep three bases

Try a cooked grain, a tray of roasted vegetables and a simple protein or bean dish.

## Make one dressing

Whisk olive oil, lemon, tahini and water; season to taste. Use it on grains, vegetables and sandwiches.

## Use the freezer

Frozen vegetables, berries, bread and portions of soup reduce waste and protect busy days.

*Prepare one component, not seven. Let tomorrow's meal assemble itself.*

# Repeat the structure, change the mood.

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Templates remove decision fatigue while leaving room for season and taste.

## The bowl

Grain or potatoes + two vegetables + beans, fish or eggs + a bright dressing.

## The tray

Roast vegetables and protein together; add leaves, herbs and something sharp at the end.

## The table of small things

Hummus, tomatoes, olives, eggs, yoghurt, fruit and good bread. Assembly counts as cooking.

*If you have a medical condition, allergy or history of disordered eating, seek individual guidance from a qualified professional.*

# Read beyond the edit.

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This guide translates general public-health information into a practical editorial format. Sources were selected from public health services and research-led institutions. Open the original pages for full context and updates.

## WHO

### Healthy diet fact sheet

<https://www.who.int/news-room/fact-sheets/detail/healthy-diet>

## NHS

### Eight tips for healthy eating

<https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eight-tips-for-healthy-eating/>

## CDC

### Healthy eating tips

<https://www.cdc.gov/nutrition/features/healthy-eating-tips.html>

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**Editorial and medical note.** This guide is for general education only. It is not medical advice, diagnosis or treatment, and it cannot account for your health history, medicines, pregnancy, disability, allergies or individual needs. Speak with a qualified professional when symptoms persist, worsen or concern you. Seek urgent local help if you may be in immediate danger.

the anima edit / keep what is useful