Anti-Inflammatory Foods

What is inflammation?
Certain foods we eat, such as red meat, higher fat dairy products, and fat (saturated and trans) can lead to the development of inflammation. Inflammation is unhealthy and could increase your risk for health problems. Choosing healthy foods can reduce your risk for inflammation and health-related problems.

Anti-inflammatory foods:
To avoid inflammation, try to eat a Mediterranean style diet which includes fresh fruits and vegetables and healthier sources of protein and fat such as fish, dried beans, nuts and olive oil.

Healthy Tips:

- Eat plenty of fresh fruits and vegetables, at least five servings per day.
- Minimize saturated and trans fat, add extra virgin olive oil to your diet.
- Eat fish three to five times each week. Fish contains omega-3 fatty acids which can help lower triglyceride levels. If you don’t like fish, ask your doctor if taking fish oil would be right for you.
- Eat whole grains instead of refined grains.
- Choose smaller amounts of red meat, poultry, cheese, butter, and other animal products. Eat more nuts, seeds, and dried beans for protein.
- Limit processed foods.
- Be aware of portion sizes.
- Use spices and herbs in your diet instead of salt.

Each meal, choose healthy foods and reduce inflammation.