



INFLAMMATION is a normal part of how your body protects itself against injury or infection. But when inflammation happens for too long, it's called *chronic inflammation*.

Chronic inflammation can lead to serious health problems, including:

- Autoimmune diseases like rheumatoid arthritis
- Cardiovascular diseases like high blood pressure and heart disease
- Crohn's disease, also known as inflammatory bowel disease (IBS)

- Lung diseases like asthma
- Mental illnesses like depression
- Metabolic diseases like Type 2 diabetes
- Neurodegenerative diseases like Parkinson's disease
- Some types of cancer, like colon cancer

One of the best ways to reduce inflammation is to eat foods with anti-inflammatory properties. This means they help protect your body from chronic inflammation and disease.

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Anti-Inflammatory Foods

Eating the right foods can help you get healthy and stay healthy.



Eat These Foods To Reduce Inflammation



FRUITS

Cranberries
Grapes (red, purple, black)
Pomegranate
Strawberries
Blueberries
Raspberries
Blackberries
Cherries
Oranges
Apples
Avocados



VEGETABLES

Tomatoes
Spinach
Kale
Collards
Watercress
Brussels sprouts
Broccoli
Bell peppers
Chili peppers



GRAINS & LEGUMES

Whole grain products
Oatmeal
Organic soy products



NUTS & SEEDS

Flaxseed
Chia seeds
Walnuts
Almonds
Pumpkin seeds
Pistachios
Nut mixes
Hazelnuts



FATS & OILS

Extra virgin olive oil
Açaí oil
Cod liver oil
Flaxseed oil
Walnut oil
Fish oil
Grapeseed oil



BEVERAGES

Coffee
Green tea
Black tea
Cocoa
Red wine



PROTEINS

Mackerel
Salmon
Herring
Sardines
Tuna
Anchovies



DAIRY

Yogurt fortified with vitamin D
Yogurt enriched with probiotics
Low fat milk
Low fat cheese



OTHER

Dark chocolate (at least 70% cocoa)
Cardamom, turmeric, parsley

Avoid These Foods



Foods listed in this section are heavily processed, high in sugars, and high in harmful fats. They can *increase* chronic inflammation in your body. Avoid eating these types of foods:



- White bread, tortillas, cornbread, pita bread, pasta, noodles, white rice, biscuits, pancakes



- Soft drinks, fruit juice, other sugar-sweetened beverages
- Cookies, candy, pastries, cake, pie, ice cream, sherbet, frozen yogurt, pudding



- Margarine, shortening, lard
- Fast food, pizza, frozen dinners, convenience meals



- Fried foods like donuts, French fries, fried chicken, eggrolls
- Potato chips, corn chips, popcorn, crackers, other prepackaged snacks



- Red meat: hamburger, steak
- Processed meats: hotdogs, sausage, bacon, beef jerky, canned meat, salami, smoked meat