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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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



#### **VEGETABLES**

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



### **GRAINS & LEGUMES**

Whole grain products Oatmeal Organic sov products



#### **NUTS & SEEDS**

Flaxseed Chia seeds Walnuts Almonds Pumpkin seeds **Pistachios** Nut mixes Hazelnuts



#### **FATS & OILS**

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



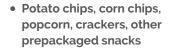
**BEVERAGES** 

Coffee Green tea Black tea Cocoa

Red wine



## French fries, fried chicken, eggrolls





Red meat: hamburger, steak

Processed meats: hotdogs, sausage, bacon, beef jerky, canned meat, salami, smoked meat



**Avocados** 

### **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.

