

The Anti-Inflammatory Way

Fighting chronic inflammation means eating a diet full of whole foods, as close to their natural state as possible. Out are processed foods, stripped down grains, unhealthy oils, and sugar. In are an unlimited array of fruits and veggies, lean protein, fish, nuts, seeds, legumes, and whole grains. Even a little high quality dairy, if that's your vibe. Let's dig in....



1

FRIENDLY FATS

Up your fat game with avocado, nuts, seeds, fatty fish, and the best quality oils. Reach for olive oil first and foremost. Avocado oil is great for cooking. Drizzle flaxseed oil on salads and veggies.



2

EAT THE RAINBOW

What makes your produce colorful is also what makes it healthy. The color comes from antioxidants and polyphenols that exert a powerful effect on oxidative stress and inflammation in the body. Fill your day with as many colors as you can!



3

LEAN ON PROTEIN

Healthy proteins like chicken, fish, eggs, and nut butters are an important part, with little emphasis on red meat.



4

GET UP AND GRAIN

Grains like oats, as well as beans and legumes, are full of fiber which is associated with lower levels of inflammatory markers in the body. What's more, soluble fiber can help lower cholesterol.



5

SPICE THINGS UP

Herbs and spices can go a long way toward reducing inflammation. Among the best are turmeric, ginger, cinnamon, garlic, and rosemary.



6

BLOOD PRESSURE BONUS

Anti-inflammatory eating has been shown to reduce blood pressure. In addition to the foods here, try hibiscus tea! There's research behind it!

LOCAL & IN SEASON

Buying locally and in season ensures the best taste -- just-picked without the lengthy travel time to your store. Even better, it can be cheaper. Make friends with your farmer's market or local growers to enjoy a greater connection to your food!

BUDGET TIPS

FORAGE IN THE FREEZER

Sure you can stock your freezer with in-season produce for use later, but don't discount the freezer section of your store. There are some quality bargains to be found. Frozen when picked often tastes better than fresh but "flown in."

FISH THERE, TOO

Frozen fish has gotten a bad rap. But quality sources do exist and are a great way to save money while eating for your health. Wild tuna, salmon, sardines and mackerel are also available canned for a quick and economical meal. Just watch the sodium content -- go for salt-free.