

## ANTI-INFLAMMATORY DIET

Chronic inflammation has been linked to an increased risk for cancer, diabetes, arthritis, depression, heart disease, stroke, and even Alzheimer's. While we cannot change our genetic tendency for these diseases, we CAN change our lifestyle and eating habits to help reduce the risk.

The average American diet contains too many foods high in omega-6 fatty acids (found in processed and fast foods), and too few foods rich in omega-3 fatty acids (found in cold-water fish). This imbalance can trigger Inflammation. On the other hand, eating more plant foods that contain beneficial “phytochemicals” may help reduce inflammation. Additionally, getting enough sleep and exercise, maintaining a healthy weight are also important in decreasing inflammation.



Principles of an anti-inflammatory diet:

- Eat plenty of fruits and vegetables
- Eat plenty of whole grains, such as brown rice, oats, whole wheat products
- Eat a good source of omega-3 fatty acids, such as salmon, sardines, walnuts
- Choose lean protein such as chicken, turkey
- Include more spices such as ginger, curry
- Eat less saturated and trans fats, such as animal fats, fried foods
- Eat less red meat and full-fat dairy foods
- Limit refined carbohydrates such as white bread, white rice
- Limit or avoid processed foods

For more information about inflammation and diet:

<http://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>