

## **Nutrition to Fight Inflammation**

Inflammation is one of the body's natural ways of protecting itself. However, it is possible to have too much of a good thing. Stress levels, how much we exercise, and what we eat influence how much inflammation we have in our bodies. To reduce inflammation with nutrition, follow these tips:

- Avoid unhealthy fats -Trans-fats and fats that are high in omega-6 fatty acids, including vegetable/soybean oil, can cause inflammation. These fats are found in many processed and shelf stable foods. Limit these foods on a daily basis and enjoy in moderation.
- Choose healthier fats -Monounsaturated and polyunsaturated fats, including olive oil, avocado, nuts, and seeds, are better choices. Omega-3 fats, including fish, walnuts, and flaxseed oil, are especially good for decreasing inflammation.
- Eat plenty of fruits and vegetables - Many studies are showing that a diet high in fruits and vegetables is good for decreasing inflammation. Fruits and vegetables are packed with phytonutrients and fiber which promote health. Aim to fill half of your plates with fruits and veggies. The more servings eaten, the better. Remember, more fruits and veggies matter!
- Season with herbs and spices - Not only do they add flavor, but they also promote health. Turmeric, ginger, garlic, and cinnamon are great options that work well in many dishes.

This medical and/or nutritional information is not intended to be a substitute for individual advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.