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# Anti-Inflammatory Foods

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## What is inflammation?

Certain foods we eat, such as red meat, higher fat dairy products, and fat (saturated and *trans*) can lead to the development of inflammation. Inflammation is unhealthy and could increase your risk for health problems. Choosing healthy foods can reduce your risk for inflammation and health-related problems.

## Anti-inflammatory foods:

To avoid inflammation, try to eat a Mediterranean style diet which includes fresh fruits and vegetables and healthier sources of protein and fat such as

fish, dried beans, nuts and olive oil.



## Healthy Tips:

- Eat plenty of fresh fruits and vegetables, at least five servings per day.
- Minimize saturated and *trans* fat, add extra virgin olive oil to your diet.
- Eat fish three to five times each week. Fish contains omega-3 fatty acids which can help lower triglyceride levels. If you don't like fish, ask your doctor if taking fish oil would be right for you.
- Eat whole grains instead of refined grains.
- Choose smaller amounts of red meat, poultry, cheese, butter, and other animal products. Eat more nuts, seeds, and dried beans for protein.
- Limit processed foods.
- Be aware of portion sizes.
- Use spices and herbs in your diet instead of salt.

Each meal, choose healthy foods and reduce inflammation.

