
Anti-Inflammatory Foods

What is inflammation?

Inflammation is the body's response to an injury as it works to heal itself. However, inflammation can become problematic when it starts even when there is no injury, or does not end when it should. This chronic inflammation can increase your risk for health problems, including cancer and heart disease.

What is an anti-inflammatory diet?

Some foods, such as foods high in saturated and *trans* fat, are known to promote inflammation. Other foods are anti-inflammatory, and can help to fight inflammation throughout the body. Following a Mediterranean-style diet, including fresh fruits and vegetables, lean meats, fish, dried beans, nuts, and olive oil can help reduce your risk of inflammatory diseases.

Healthy tips:

- Eat plenty of fresh fruits and vegetables, at least 5 servings per day.
- Replace saturated and *trans* fats with healthier unsaturated fat sources, such as olive oil instead of butter.
- Eat fatty fish 3-5 times a week. Fish contains omega-3 fatty acids which can help to lower triglyceride levels. If you don't like fish, try a variety of plant-based sources, such as leafy greens, walnuts, flax and chia seeds, olive oil, and avocado.
- Choose whole grains, such as oatmeal, whole grain bread, and brown rice instead of refined grains.
- Choose smaller amounts of red meat, cheese, butter, and other high-fat animal products. Choose lean meats and plant-based protein sources such as nuts, seeds, and dried beans more often instead.
- Eat more fresh and frozen foods and fewer processed foods.
- Use herbs and spices, such as cumin, garlic, ginger, cinnamon, and turmeric, to flavor your food instead of salt.
- Regular exercise can help to reduce inflammation. Aim for about 30 minutes a day of moderate to vigorous activity.