




# The Anti-Inflammatory Diet

**Inflammation** is the body's natural response to illness, infection, or injury. Although inflammation can be acute or chronic, making some diet changes can reduce any discomfort and lessen your need for medication. Below is your anti-inflammatory food guide that will help you form a balanced diet to fight your inflammation!

CONSUME	AVOID
<p>Fruits</p> <ul style="list-style-type: none"> <li>- blueberries, blackberries, cherries, red grapes, avocado, coconut</li> </ul>  <p>Veggies</p> <ul style="list-style-type: none"> <li>- kale, spinach, broccoli, cauliflower</li> </ul> <p>Nuts</p> <ul style="list-style-type: none"> <li>- almonds, walnuts, pine nuts, pistachios</li> </ul> <p>Whole grains</p> <p>Dark chocolate</p> <p>Salmon</p> 	<p>Saturated fats</p> <ul style="list-style-type: none"> <li>- Keep in mind that <i>dairy</i> is the source of many saturated fats</li> </ul> <p>High cholesterol</p> <p>High-refined starches</p> <ul style="list-style-type: none"> <li>- white bread &amp; white pasta</li> </ul> <p>Sugar</p> <ul style="list-style-type: none"> <li>- cookies, candy, ice cream, sugary drinks</li> </ul> <p>Trans-fatty acids</p> <ul style="list-style-type: none"> <li>- deep-fried foods</li> </ul> <p>Processed meats</p> <p>Processed snacks</p> <ul style="list-style-type: none"> <li>- chips and crackers</li> </ul> <p>Excess alcohol</p> 

Don't forget...

- ✓ Fruits and veggies are full of antioxidants, which have an anti-inflammatory effect on the body → these are KEY to this diet
- ✓ Drink plenty of water!!