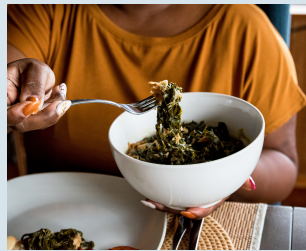


# THE GOOD GUT



FOCUS ON YOUR  
HEALTH ONE  
MEAL AT A TIME

## Healthy Foods to Fight Inflammation



## INFLAMMATORY FOODS TO AVOID

Now you've got plenty of good reasons to eat a more anti-inflammatory diet and natural anti-inflammatory foods in general. You don't want to hamper your efforts by loading up on a bunch of foods that actually cause inflammation. One of the biggest culprits is refined sugar found in processed foods. Trans fats should be avoided too—they breed bad cholesterol (LDL), inflame arteries, and welcome free radicals into the body. To get the most out of an anti-inflammatory diet, it might be best to avoid:

- Saturated fats
- Refined sugars
- Pasta/Potatoes/Bread
- Cream/Milk/Butter
- Red meat/Preserved dried fruits
- Polyunsaturated vegetable oils such as soybean, corn, and sunflower oils

## 3 Common Foods with Anti-Inflammatory Benefits

### ANTIOXIDANT FRUITS

They say never judge a book by its cover. But in the case of berries, their vibrant hues display the incredible antioxidants inside. They're rich in flavonoids and polyphenol compounds, particularly anthocyanins, which give them their stunning colors. These antioxidants have been shown to reduce markers of inflammation. For extra free radical-fighting power, choose a rainbow of fruits

### OMEGA-3 FATTY ACIDS

Omega-3s are essential fatty acids, but since the body can't produce them on its own, you have to get them through food sources. Highly anti-inflammatory, omega fatty acids have also been proven to reduce the activity of autoimmune diseases such as arthritis, Crohn's disease, ulcerative colitis, and lupus. Fatty fish are a great source of omega-3s for a protein-filled anti-inflammatory meal.

### GREEN LEAFY VEGETABLES

When mom told you to eat your veggies, she was on to something—and the greener the better. So rich in antioxidants, including vitamin E, which can protect the body from inflammatory cytokines, dark leafy greens and cruciferous vegetables also boast high concentrations of vitamins, minerals, and phytochemicals.

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