

# anti-inflammatory foods

Research shows following an anti-inflammatory diet can promote a healthy weight, improve energy levels and reduce risk of diseases like heart disease, many cancers and Alzheimer's. Chronic inflammation can damage the body and cause illness. By reducing stress, exercising and eating plenty of foods that fight inflammation you can improve your quality of life and lower your chance of being diagnosed with a preventable chronic condition.

**NUTS & SEEDS** are high in vitamin E, fiber and unsaturated fats, which all help reduce inflammation. One ounce is a serving.



**BERRIES** are high in anti-oxidants called anthocyanins, which are shown to help keep memory sharp and reduce the risk of cancer.



**WHOLE GRAINS** like wild rice, quinoa and barley digest slowly, reducing spikes in blood sugar which promotes inflammation.



**SPICES** like turmeric and ginger have known anti-inflammatory properties. Add to stir fries, salads and roasted vegetables for nutrition and flavor.



**OLIVE OIL** is high in polyphenols, a plant compound shown to fight free radicals. Choose Extra Virgin Olive Oil to ensure it is expeller pressed.

**CRUCIFEROUS** vegetables (i.e. cabbage, broccoli and cauliflower) are high in vitamins C, E and K and help prevent many diseases.



**BEANS & LEGUMES** are rich in folic acid, potassium and fiber. They help keep blood sugar balanced, and are a good source of protein.



**DARK LEAFY GREENS** like kale, spinach and collard greens are full of plant compounds shown to fight inflammation. Enjoy raw and lightly cooked.



**SALMON** is rich in Omega-3 fats. Wild caught, especially Sockeye, has the highest levels, which helps reduce heart disease risk.



**GARLIC** has properties shown to decrease blood pressure and cholesterol, improve immune function and reduce risk of cancer.

