Top Anti-Inflammatory Foods

Broccoli & Cauliflower
Beans & Lentils
Nuts

Dark Leafy Greens
Avocado
Tomatoes

Berries
Dark Chocolate
Dark Red Grapes

Olives
Green Tea
Turmeric

For more information, call (816) 404-3320 or email chsi@uhkc.org
Understanding Inflammation

Inflammation is part of the body’s defense mechanism. It is the process by which the immune system recognizes and removes harmful stimuli and begins the healing process.

**Two types of inflammation**

**Acute inflammation**
Comes on rapidly, usually within minutes, but is generally short-lived. It’s the body’s normal protective response to an injury, irritation or surgery. This natural defense process brings increased blood flow to the area, resulting in an accumulation of fluid.

**Chronic inflammation**
Often begins as acute inflammation, morphing into a lingering state that persists for months or years when the immune system response fails to eliminate the problem. The inflammation may stay active even after the initial threat has been eliminated. Unchecked, the immune system prompts white blood cells to attack nearby healthy tissues and organs, setting up chronic inflammatory process that plays a central role in some of the most challenging diseases of our time.

Symptoms of Chronic Inflammation

Some of the common signs and symptoms that develop during chronic inflammation include:

- **Body pain**
- **Constant fatigue and insomnia**
- **Depression, anxiety and mood disorders**
- **Gastrointestinal complications like constipation, diarrhea, and acid reflux**
- **Weight gain**
- **Frequent infections**

**How can we fight inflammation?**
One of the most powerful tools to combat inflammation comes not from the pharmacy, but from the grocery store?

**FOODS THAT FIGHT INFLAMMATION**

Chronic inflammation has been linked to cancer, heart disease, diabetes, arthritis, depression, and Alzheimer’s. Fight inflammation with a healthy diet.

**ANTI-INFLAMMATION FOODS**

- **Tomatoes**
- **Fruits**
  - Strawberries
  - Blueberries
  - Oranges
  - Cherries
- **Nuts**
  - Almonds
  - Walnuts
  - And other nuts.
- **Leafy greens**
  - Spinach
  - Kale
  - Collard, and more.
- **Fatty fish**
  - Salmon
  - Mackerel
  - Tuna
  - Sardines.

**INFLAMMATION FOODS**

- **Fried foods**
- **Sodas**
- **Refined carbs**
- **Lard**
- **Processed meats**