

JULY WELLNESS: FOODS THAT FIGHT INFLAMMATION



When inflammation occurs because it is triggered by our immune system recognizing something that is foreign, it can protect our health. However, if this inflammation stays within our bodies, it has been linked to diseases, such as: cancer, heart disease, arthritis, depression and Alzheimer's.

One of the simplest ways to decrease inflammation is to choose foods and beverages accordingly. Certain foods increase inflammation, and certain foods have anti-inflammatory effects.

Harvard Medical School has put together the following lists in the article, "Foods That Fight Inflammation", published through Harvard Health Publishing.

Foods to avoid or limit, because they cause inflammation:

- refined carbohydrates, such as: white bread and pasta
- fried foods, such as: French fries
- sugar-sweetened beverages, such as: soda
- processed meat, such as: hot dogs and sausages
- red meat, such as: burgers and steak
- margarine, shortening and lard

Foods that are considered anti-inflammatory:

- tomatoes
- olive oil
- green leafy vegetables, such as kale, spinach and collards
- nuts, such as almonds and walnuts
- fatty fish, such as salmon, tuna, mackerel and sardines
- fruits, such as blueberries, strawberries, cherries and oranges

Through incorporating a more anti-inflammatory diet, you also will be incorporating a healthier diet which will yield physical and emotional advantages to your overall well-being.

For additional information, click here to reach the article from Harvard Health Publishing:

[**Foods That Fight Inflammation**](#)