*Inflammation* in the body is a result of the immune system fighting off illness or injury. It can be considered acute or chronic.

*Acute inflammation* is a short-term immune response such as a sprain or an infection. You may experience redness, swelling or pain as the body begins to heal.

*Chronic inflammation* is long-term, lasting months or years. This can be the result of ongoing stress, exposure to environmental toxins, poor nutrition, or prolonged illness.

**Chronic inflammation that is left unchecked can result in a weakened immune system and over time may cause illnesses such as cardiovascular disease, cancer, diabetes or other autoimmune disorders.**

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Foods that can increase

inflammation include a diet

with excess calories, sugar,

fat, processed meats, fried foods,

margarine, pop and other processed

foods.



***Try to limit these types of food*.**

The ***Mediterranean Diet*** includes meals with lots of fruits, vegetables, whole grains, fish, and olive oil. Whole fat dairy, cheese and red meat are eaten in moderation. This type of diet may be one of the best defenses against chronic inflammation. Remember that healthy foods eaten together offer the greatest benefits to overall health.

KEY NUTRIENTS TO REDUCE INFLAMMATION

* + - Eat a variety of nuts and seeds such as walnuts, almonds, sunflower seeds.
    - Colorful fruits including apples, berries, pineapple, grapefruit and kiwi.
    - Bright orange and dark green vegetables such as spinach, kale, broccoli, bok choy, sweet potatoes, and squash.
    - Healthy fats from olive oil, salmon, tuna and sardines.
    - Garlic, onions, edamame (soy bean), yogurt, kefir.
    - Dark chocolate, green tea, lemon water, and spices such as ginger and turmeric.

You don’t have to cook fancy or complicated masterpieces—just good food from fresh ingredients.

~Julia Child