

Eat to reduce inflammation

Chronic inflammation is a prolonged response in the body that can lead to various diseases like arthritis, diabetes, heart disease and even cancer. It happens when the body's immune system fails to turn off the inflammatory response, causing damage to tissues and organs. Eating the right foods can help reduce inflammation and keep you healthy.

Foods that fight inflammation

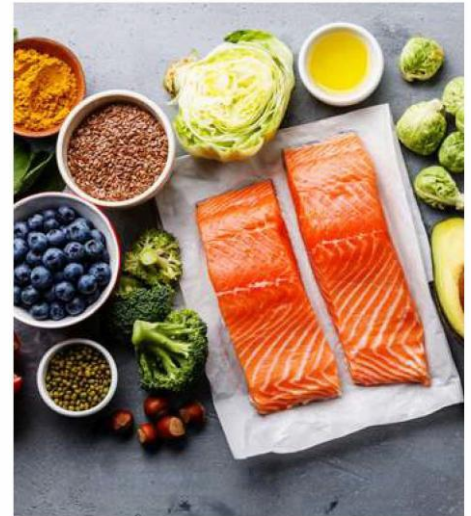
Try to include some of these foods in your diet:

- Fatty fish, like salmon and tuna
- Spices, such as turmeric and ginger
- Leafy greens, like spinach and kale

- Nuts and seeds, like walnuts and chia seeds
- Olive oil for cooking or as a finishing drizzle
- Whole grains, like brown rice and quinoa
- Berries, like blueberries and strawberries
- Liquids, like water and green tea
- Vegetables, like broccoli and cauliflower

Foods to limit or avoid Some foods make inflammation worse.

- Processed meats, like hot dogs and sausages
- Sugary drinks, like soda and sports drinks; alcohol



- Fried foods and baked goods high in unhealthy fats and added sugars

By making a few simple changes, you can take a proactive step toward keeping your body healthy and strong.

Resources: [WebMD.com](https://www.webmd.com); eatright.org