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, and cherries
- Nuts: Almonds, walnuts, and other nuts.
- Olive oil
- Leafy greens: Spinach, kale, collards, and more.
- Fatty fish: Salmon, mackerel, tuna, and sardines.

INFLAMMATION FOODS

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