

Anti-Inflammatory Diet

Omega-3 Fatty Acids

- Fatty Fish
 - Salmon
 - Herring
 - Mackerel
 - Sardines
 - Tuna
 - Striped Bass
 - Anchovies
- Nuts
 - Walnuts
- Seeds
 - Chia Seeds
 - Flaxseed



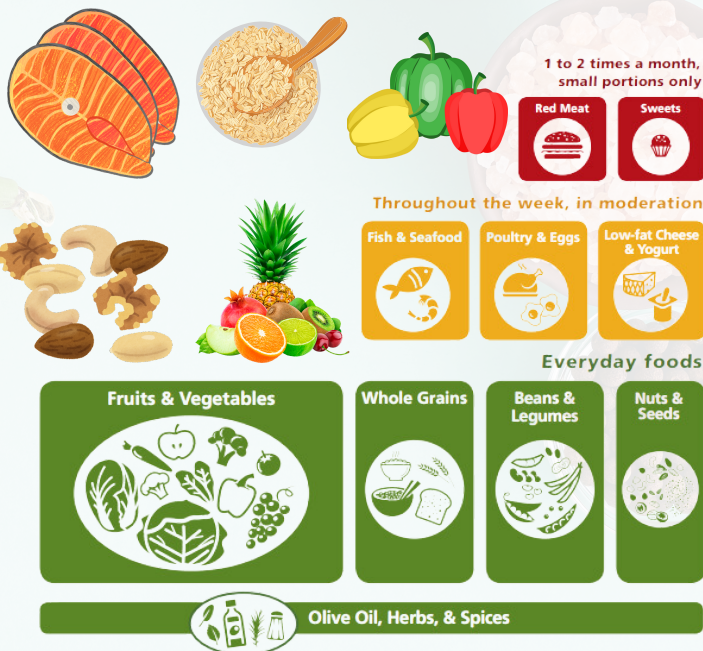
Mediterranean Diet

Many benefits of the Mediterranean diet

- Keeps cholesterol low
- Enhances body's ability to absorb blood sugar (prevents diabetes and prediabetes)
- **Cools off inflammation**- both chronic and acute
- Helps prevent coronary artery disease

Whole Grains Olive Oil Beans Nuts

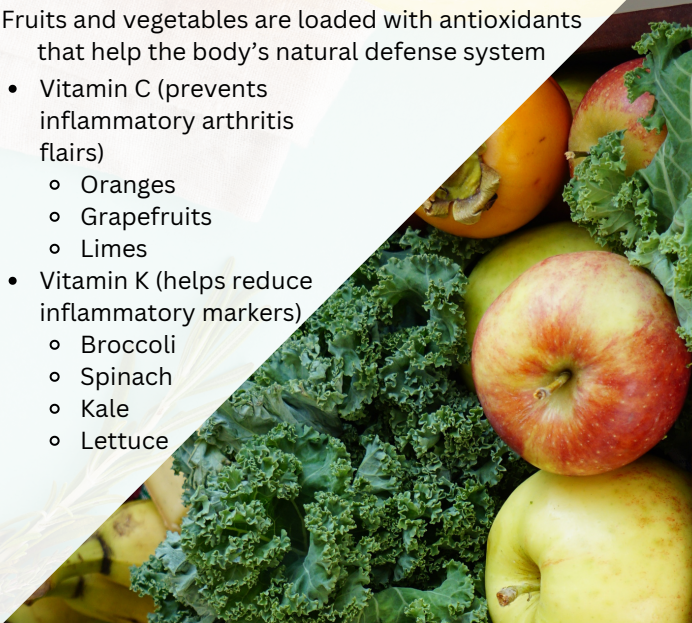
Fruits Vegetables Herbs Proteins



Fruits & Vegetables

Fruits and vegetables are loaded with antioxidants that help the body's natural defense system

- Vitamin C (prevents inflammatory arthritis flairs)
 - Oranges
 - Grapefruits
 - Limes
- Vitamin K (helps reduce inflammatory markers)
 - Broccoli
 - Spinach
 - Kale
 - Lettuce



* Rule of thumb when shopping- the darker and more brilliant the color, the more antioxidants it has *
blueberries, cherries, spinach, kale, broccoli



What foods should I avoid?

- Red meats
- Processed meats (bologna,bacon,sausage, lunch meat)
- Commercial baked goods (snack cakes, pies, cookies, brownies)
- Bread and pasta made from flour
- Deep fried foods
- Foods high in sugar
- Sugar-sweetened beverages (sodas, teas, sports drinks)
- Trans fats