



## Anti-Inflammatory Diet



### Overview

If you have a disease that's linked to inflammation, changing your diet may help. That's because some foods trigger inflammation, and other foods fight it. So if you know which foods to eat and which to avoid, you can reduce your risk of illness.

### Things to avoid

First, let's learn about the things you should limit or avoid. You'll want to steer clear of refined carbohydrates. Those are found in things like white breads and pastries. Avoid red meat and meats that are processed. Don't eat fried foods, and don't use margarine, shortening or lard. And don't drink sodas and other sweetened drinks.

### Foods to eat

Now, let's look at some things you should be eating. You'll want to make sure you're getting plenty of green leafy vegetables, tomatoes, and fatty fish. Try salmon, tuna, mackerel and sardines. Olive oil is good for you. So are nuts such as almonds and walnuts. And finally, get some fruit in your diet. Strawberries, blueberries, cherries and oranges are all good choices.

### Conclusion

Talk to your doctor for more tips on how to fight inflammation successfully.

