

FOOD & INFLAMMATION

A healthy diet filled with foods that help reduce inflammation can lower your risk for cancer and other diseases.

Anti-inflammatory foods

Omega 3 fats

salmon



walnuts



olive oil

Vitamin C & E



broccoli



oranges



leafy greens



nuts

Prebiotic foods

onions



sweet potatoes



garlic



Probiotic foods

yogurt



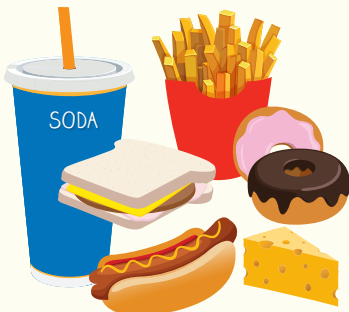
sauerkraut



kombucha



Inflammatory foods



Trans fats - French fries, doughnuts, margarine, frosting

Saturated fats - meat, cheese and coconut oil

Refined carbohydrates - soda, cake, white bread

Red & processed meat - steak, hotdogs, lunch meat