



ANTI-INFLAMMATORY DIET

There is no definitive “diet plan” that people with inflammation should specifically follow. However, there are many nutrition and lifestyle habits that people can adopt that have been shown to positively impact inflammation. The closest pattern of eating that one could follow would be the Mediterranean diet. It emphasizes balanced eating with consumption of fish, vegetables, whole grains, beans, pulses and legumes, as well as healthy oils like olive oil.

Here are some nutrition recommendations that can help control inflammation in the body:

Boost your fish intake:

Eat fish that contain high amounts of inflammation-fighting omega-3 fatty acids, like salmon, trout, sardines and other cold-water fish at least 2x per week. Or take an omega 3 supplement of 600-900 mg EPA/DHA per day.

Consume 1.5 cups of fruit per day + eat 2 cups of vegetables at lunch and dinner:

Fruits and vegetables are packed with antioxidants, which help your immune system and may help fight inflammation.

Eat ¼ cup of nuts or seeds per day (about a handful):

Nuts and seeds are packed with inflammation-fighting monounsaturated fat.

Go lean + try plant protein like beans, lentils and legumes:

Beans packed with antioxidants and anti-inflammatory compounds. Reduce the amount of high fat and processed meat you eat as it may promote inflammation.

Consume olive oil:

Use olive oil when cooking or in salad dressing. Olive oil contains oleocanthal, a natural compound which works in a similar way to anti-inflammatory drugs.

Meet with a Registered Dietitian at Arora Family Chiropractic!

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Do not shy away from nightshades:

Nightshade vegetables – eggplant, tomatoes, peppers and potatoes – are central to Mediterranean cuisine. Some people believe they trigger arthritis flares, but there's limited scientific evidence to support this theory. There is a lot more health benefits from consuming nightshades versus avoiding them. Take tomatoes, for example. They have lycopene and vitamin C that help curb inflammation.

Fill up on fiber:

Fiber lowers C-reactive protein (CRP), a substance in the blood that indicates inflammation. Boost your fibre intake by choosing whole grains more often and maximize nutrition while minimizing inflammation. Choose whole grains like oatmeal, quinoa, brown rice, whole-wheat bread, and other unrefined grains.

Avoid processed food:

Choose food and food products that have not been highly processed. Choose foods that are still close to their natural state more often.

Cut the salt:

There are conflicting reports about how bad excess salt is for us. We know it causes fluid retention. Excessive salt intake can cause a range of side-effects, including inflammation and high blood pressure.

Drink water:

Hydration is vital for flushing toxins out of your body, which can help fight inflammation. Adequate water can help keep your joints well lubricated.

Exercise:

Regular exercise keeps your body moving and joints lubricated, your muscles toned and your energy level high. Those who exercise regularly are more likely to heal faster from injuries and less likely to develop chronic inflammation.

Nutrition Advice You Can Trust

Arora Family Chiropractic has a team of registered dietitians that can help you reach your health goals with a personalized and realistic approach.

If you are struggling with inflammation, small changes to your diet can help you feel better.

Book a nutrition consultation today! * Insurance accepted

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