

# EATING TO REDUCE INFLAMMATION

Inflammation can be a symptom of many chronic diseases. Certain foods can help the body reduce inflammation. You may choose to follow an anti-inflammatory diet. Eating too much of certain foods may increase inflammation. If you have chronic inflammation, you may feel better if you avoid the inflammatory foods below.

## GOOD EATS (ANTI-INFLAMMATORY)

- Tomatoes
- Oils - specifically extra virgin olive oil
- Leafy green vegetables (spinach, kale, collards)
- Nuts (almonds, walnuts)
- Fatty fish (salmon, tuna, sardines)
- Fruits (blueberries, strawberries, cherries, oranges)
- Turmeric



## BAD EATS (INFLAMMATORY)

- Refined carbohydrates (white bread, white rice, pastries)
- Fried foods (french fries)
- Sugary drinks (soda)
- Red meat (burgers, steak) processed meats (hot dogs, sausage)
- Margarine, shortening, and lard

## RECIPE: CAPRESE SALAD

### Ingredients:

- 3 vine-ripe tomatoes, 1/4-inch thick slices
- 1 pound fresh mozzarella, 1/4-inch thick slices
- 20 to 30 leaves (about 1 bunch) fresh basil
- Extra-virgin olive oil, for drizzling
- Coarse salt and pepper

### Directions:

1. Layer alternating slices of tomatoes and mozzarella, adding a basil leaf between each, on a large, shallow platter.
2. Drizzle the salad with extra-virgin olive oil and season with salt and pepper, to taste.

### Notes:

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# August

# 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20 Dr. Jerry Dincin born, 1930	21	22	23	24	25	26
27	28	29	30	31		

## Health Tip: *Stay Hydrated*

Plan ahead and keep your water bottle handy at all times. Have a glass of water with each meal and snack. Spice up plain water with a slice of your favorite fruit.