

Anti-Inflammatory Foods

When you twist your ankle it swells. When you cut your finger it gets red and hurts. This is called inflammation. Inflammation can be a good thing because it is how the body fixes an injury.

But inflammation can be a problem when it doesn't go away. This is called chronic inflammation. Chronic inflammation can cause heartburn, stomach pain, sinus pressure, headaches, acne, hair loss, weight gain, and even cancer.

You can get chronic inflammation from:

- Eating a lot of processed, greasy, sugary foods and sugary drinks
- Stress
- Pollution
- Food sensitivities or allergies
- Not getting enough exercise
- Sleep problems

To lower inflammation, eat foods like:



Fruits

strawberries, blueberries, cherries, and oranges



Vegetables

broccoli, kale, collards, spinach, tomatoes, and peppers

Fatty fish

salmon, mackerel, tuna, and sardines



Spices

turmeric, ginger and cinnamon



Green tea

(unsweetened)



Olive oil

We have nutritionists at every CHN health center to help you make small changes that lead to **big** results. Set up a visit today at the front desk for our **free and low-cost nutrition counseling!**