

What is inflammation?

- The immune system's way of protecting the body from irritation, injury, or infection.
- Inflammation generates a local response that increases blood flow, eliminates toxins, and initiates the repair of damaged tissue.

Inflammation can help or hurt your body.

Short-term inflammation: Helpful for protection as well as healing. However, if inflammation persists for long periods of time it can be harmful to your body.

Chronic inflammation: Linked to many diseases, including metabolic syndrome, fatty liver disease, type 2 diabetes, inflammatory bowel disease, rheumatoid arthritis, depression, cardiovascular disease, and cancer.

Many foods can increase or decrease inflammation throughout the body.

Foods that *increase* inflammation: These foods are generally *unhealthy* and increase the risk for obesity, diabetes, cardiovascular disease, and other chronic diseases.

Foods that *decrease* inflammation: We call these "anti-inflammatory foods. They also *decrease* the risk for chronic disease!

Pain Management

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Eat more of these good anti-inflammatory foods



Omega-3 fats	Salmon, walnuts, flaxseed, chia seed, olive oil, eggs.
Antioxidants	Variety of fruits, vegetables, beans, raw nuts/seeds, herbs and spices. Especially tomatoes, green leafy vegetables, berries, sage, ginger, thyme, paprika.
Fiber	Fruits and vegetables, beans, nuts seeds. Whole grains like oatmeal/barley/brown rice/ quinoa/ whole wheat pasta, beans.
Spices	Ginger, turmeric, cinnamon, nutmeg, garlic, oregano, cayenne, rosemary, mint, and basil.
Polyphenols	Fruits, vegetables, dark chocolate, olive oil, tea, coffee.
Probiotics	Yogurt, kefir, supplements.
Zinc:	Baked beans, chicken, yogurt, chickpeas, Swiss cheese, cashews, oatmeal, supplements.

Avoid these foods that can *increase* inflammation

Trans fat	Fried foods like donuts, french fries, fried chicken. Snacks like potato chips and butter microwave popcorn. Baked goods like cookies, pie, and cake. Refrigerated dough like canned biscuits, cinnamon rolls and pizza crusts. Stick margarine and some nondairy coffee creamers
Omega-6 fats	Margarine, soybean oil, shortening, lard, safflower oil
Refined carbohydrates	White bread, white pasta, pastries, chips
Soda and other sugar-sweetened drinks	Lemonade, Gatorade, sweetened coffee drinks, sweet tea, juice, etc.
Red and processed meats	Burgers, hot dogs, sausage, lunchmeats
<p>If you are lactose intolerant: Eliminating dairy may <i>decrease</i> inflammation. You may benefit from eliminating just milk or you may benefit from eliminating all dairy, depending on severity.</p>	

These instructions are only general guidelines. Your doctor may give you special instructions. If you have questions or concerns, please call your doctor.