

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

682-885-7246

1500 Cooper Street
Fort Worth, Texas



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 |

If you are lactose intolerant: Eliminating dairy may *decrease* inflammation.

You may benefit from eliminating just milk or you may benefit from eliminating all dairy, depending on severity.

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