

THE IMPORTANCE OF AN ANTI-INFLAMMATORY DIET

PEAK ORTHAEPEDIC PHYSICAL THERAPY
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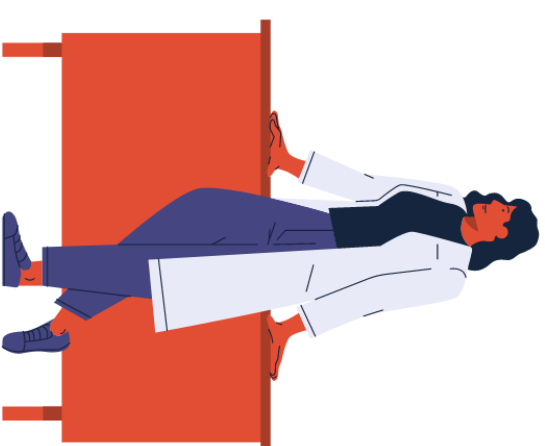
What is an

anti-inflammatory diet?

Selecting and eating foods that help reduce inflammation and maintain peak health and wellness

Helps provide **steady and ample** vitamins, minerals, essential fatty acids, fiber, antioxidants, and other **protective** phytonutrients

These anti-oxidants block harmful chemical reactions caused by poor dietary choices, internal toxins, **medications**, stress, and **lack of exercise** or movement.



Most people will benefit from the guidelines of an anti-inflammatory diet.

While it may not be a magic cure, it will help ease inflammation and

pain.

Best for those with chronic pain, acute injuries, post-operative pain, swelling, or generally feeling unwell.

Peak



Health & Fitness

WHAT TO EAT

Fruits and vegetables: Go for variety and lots of color! **Vitamin K** in leafy greens like spinach and kale curb inflammation along with others. The substance that gives certain fruits their colors also helps fight inflammation.



Whole grains: Tend to be high in **fiber**, helping fight inflammation.

Beans: High in **fiber** and loaded with **anti-oxidants** and other anti-inflammatory substances.

Nuts: **Healthy kind of fat** to help fight inflammation. Stick to a handful of nuts a day to ensure that the fat doesn't build up!

Fish: Have **omega-3** fatty acids to help fight inflammation. Eat at least twice a week.

Herbs and spices: **Antioxidants** and flavor.

Turmeric has a strong substance called **curcumin**, and garlic helps **stop inflammatory chemicals**.

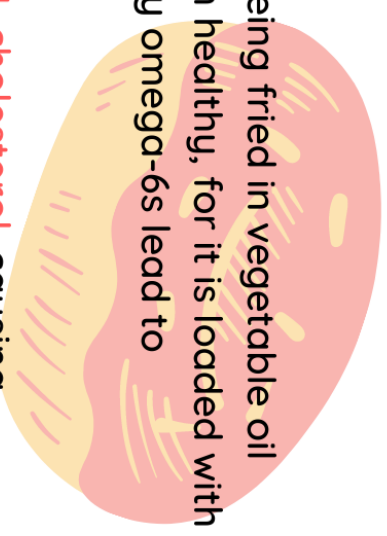
WHAT NOT TO EAT

Sweets, cakes, cookies, and soda: Not dense in nutrients and easy to overeat. Can lead to **weight gain**, **high blood sugar** and **high cholesterol**, all of which lead to inflammation. Sugar also triggers **inflammatory messengers**.

High fat and processed red meat: Lots of **saturated fat**.

Butter, whole milk, and cheese: Lots of **saturated fat**.

Fried foods: Them being fried in vegetable oil does not make them healthy, for it is loaded with **omega-6s**. Too many omega-6s lead to inflammation.



Trans fats: Raise **LDL cholesterol**, causing inflammation.

Wheat, rye, barley: **Gluten** can cause issues for those with and without celiac disease.