

FIGHTING INFLAMMATION WITH FOOD

ANTI-INFLAMMATORY FOODS TO CONSIDER INCLUDING IN YOUR MENU ROTATION:

HERBS & SPICES

Many contain beneficial antioxidants. For example, turmeric contains curcumin, a phytochemical that has been shown to reduce inflammation by inhibiting mediators like cytokines.

NUTS

Studies have shown an association between higher consumption of tree nuts and reduced inflammatory biomarkers, like C-reactive protein (CRP).

GREEN TEA

Possess anti-inflammatory properties that are protective against cardiovascular disease.

GREEN LEAFY VEGETABLES

High in magnesium, a mineral that has been shown to have an inverse relationship with inflammation.

FISH

Fatty fish, like salmon, trout, and mackerel, are higher in omega-3 fatty acids that have been found to be cardioprotective.

Powered by

navigate^o



Gallagher

Insurance | Risk Management | Consulting

This newsletter/poster is provided for general informational purposes only and should not be considered medical advice, diagnosis or treatment recommendations.

YOUR WELLBEING ACTIVITY

KEEP A HEALTH LOG

Use an app, spreadsheet, or journal to log your heart health metrics.