

Foods to fight inflammation

Inflammation is an important part of your body's natural healing process. It's your immune system sending out cells to fight bacteria and infections or heal injuries.¹



Chronic inflammation is completely different

It can be caused by an autoimmune disorder, an untreated injury or infection, or even overexposure to allergens such as pollen. It can lead to heart disease, diabetes, psoriasis and other illnesses. Symptoms may include fatigue, body pain, joint stiffness and puffiness in the face, especially under the eyes.¹

If you suffer from chronic inflammation, there are foods that can make inflammation worse.²

Try limiting these types of foods and ingredients:

- ⊗ **Saturated fats**—Like those found in margarine, shortening and lard, processed meats (hot dogs, sausages), cream and butter.
- ⊗ **Refined carbohydrates**—Processed foods made with white flour (white bread, pastries) and refined sugar (cane sugar, molasses, brown sugar).
- ⊗ **Trans fats**—Fast foods and fried foods.
- ⊗ **Soda** and other sweetened beverages.

Eat this instead

Now that you know what not to eat, here's a list of foods that contain anti-inflammatory benefits:²

Fruits and vegetables

- | | |
|------------------|----------------|
| ✓ Cherries | ✓ Oranges |
| ✓ Blueberries | ✓ Spinach |
| ✓ Collard greens | ✓ Strawberries |
| ✓ Kale | ✓ Tomatoes |



Protein

- | | |
|----------------------|--------------|
| ✓ Mackerel | ✓ Almonds |
| ✓ Sardines | ✓ Walnuts |
| ✓ Wild-caught salmon | ✓ Chia seeds |
| ✓ Tuna | ✓ Flax seeds |



Other foods

- | | |
|--------------------------|--------------|
| ✓ Coffee | ✓ Green tea |
| ✓ Extra-virgin olive oil | ✓ Sauerkraut |
| ✓ Garlic | ✓ Turmeric |
| ✓ Ginger | |



Here are some delicious lunch and dinner options that will help you fight inflammation.



Greek lentil salad

Makes 4 servings | Prep: 46 minutes

Ingredients

- 1 cup black beluga lentils (dry/uncooked)
- 3 cups water
- 3 cups of baby spinach, chopped
- ½ medium red onion, chopped
- ⅓ cup oil-packed sun-dried tomatoes, rinsed
- ⅓ cup Kalamata olives, pitted and quartered
- ⅓ cup basil or flat-leaf parsley, chopped
- Optional: crumbled feta cheese

Greek dressing

- ¼ cup olive oil
- 2 tablespoons red wine vinegar
- 1 tablespoon tahini
- 2 garlic cloves, pressed or minced
- ½ teaspoon dried oregano
- Salt and black pepper to taste

Preparation

First, pick through the lentils and remove any debris (like tiny rocks). Pour the lentils into a fine-mesh colander and rinse under running water. Dump the lentils into a medium saucepan. Add the water and bring the mixture to a boil over medium-high heat. Reduce heat to maintain a gentle simmer and cook, stirring occasionally. The lentils will be tender in about 25 to 35 minutes. Drain the lentils and return them to the pot to cool for about 5 minutes. Meanwhile, in a medium serving bowl, combine the spinach, red onion, sun-dried tomatoes, olives and basil. Set aside.

To prepare the dressing, combine all of the ingredients and whisk until thoroughly blended. Once the lentils have cooled for about 5 minutes, add them to the serving bowl. Pour the dressing over the salad and toss until blended. Taste, and add more salt and pepper if necessary. Serve in individual bowls with a sprinkle of feta cheese on top, if desired.³

Nutrition information | Serving size: 1 cup



Calories: 214 | Total fat: 16 g | Saturated fat: 2 g | Sodium: 215 mg | Cholesterol: 0 mg
Total carbs: 15 g | Fiber: 5 g | Sugars: 3 g | Protein: 6 g | Potassium: 441 mg



Grilled shrimp tacos with cabbage slaw

Makes 4 servings | Prep: 30 minutes

Ingredients

- 3 tablespoons nonfat Greek yogurt
- 1/3 cup light mayonnaise
- 1/2 chipotle pepper en adobo, minced into a puree*
- 1 pound medium peeled and deveined shrimp
- 2 limes, divided
- 1/4 teaspoon chili powder
- 1/2 medium green cabbage, finely shredded
- 2 medium carrots, coarsely grated
- 3/4 cup roughly chopped fresh cilantro
- 1 tablespoon extra-virgin olive oil, plus extra, if needed, for brushing
- Salt and pepper to taste
- 8 small whole grain corn tortillas

Preparation

Preheat a grill or grill pan to medium-high heat. In a small bowl, whisk together the yogurt, mayonnaise and chipotle pepper; set aside. In a medium bowl, toss together shrimp, juice of 1 lime and chili powder; set aside. In a large bowl, combine shredded cabbage, carrots, cilantro and the juice of the remaining lime; toss well. Add salt and pepper to taste. Thread shrimp on skewers, 3-4 shrimp per skewer. Brush each skewer with olive oil and season to taste with salt and pepper. Coat the grill rack with cooking spray and grill shrimp skewers 2-3 minutes on each side, or until pinkish and opaque in color. Meanwhile, warm tortillas, as desired, on the grill.

To assemble, spread a few teaspoons of the chipotle mayo along the center of a warmed corn tortilla. Lay 3 or 4 shrimp across the mayo. Top with a generous spoonful of the cabbage slaw. Serve additional slaw as a side salad. **Chipotle peppers en adobo are sold in small cans in the Mexican food section of most supermarkets. One-half of a minced chipotle pepper measures about half of a tablespoon.*⁴

Nutrition information | Serving size: 2 tacos



Calories: 389 | Total fat: 11 g | Saturated fat: 2 g | Sodium: 509 mg | Cholesterol: 229 mg
Total carbs: 40 g | Fiber: 8 g | Sugars: 10 g | Protein: 37 g | Potassium: 564 mg

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¹<https://my.clevelandclinic.org/health/symptoms/21660-inflammation>
²<https://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>
³<https://oldwayspt.org/recipes/greek-lentil-salad>
⁴<https://oldwayspt.org/recipes/grilled-shrimp-tacos-cabbage-slaw>

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