Reducing Inflammation Through Diet Changes

You may have heard your doctors talk about inflammation before. Do you really understand what it is and know if you have it? Inflammation is a way of protecting the body when it’s in danger. It is also a way of healing injuries. Inflammation can be shown as redness, swelling, or pain like a cut or scrape. These symptoms become a problem when they last for a long time. This is called chronic inflammation. It can be related to diseases like asthma, heart disease, arthritis, irritable bowel syndrome, diabetes, cancer, and many more. Inflammation can make symptoms of these diseases worse, and it can even shorten your life.

Luckily, eating a healthy diet can reduce inflammation in the body. As a rule of thumb, colorful fruits and vegetables are best. This is because colorful foods, such as fruits and vegetables, have antioxidants. Examples of these foods are berries, cherries, and peppers. Eating protein from plants, such as beans or nuts, may be helpful. This is because they have many antioxidants too. These antioxidants protect and heal your body from damage. Dairy and meat have protein but may increase inflammation.

It is also important to keep healthy fats in mind to decrease inflammation. These fats are in nuts, seeds, avocados, salmon, and olive oil. These fats should be eaten more than unhealthy fats in fried and processed foods. Adding in more of these healthy fats along with colorful fruits and vegetables can help reduce inflammation. This will improve your quality of life with just a few simple changes to your meals.