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EAT WELL, CARE WELL.

ANTI-INFLAMMATORY FOODS

When unusual things like plant pollen, chemicals, or microbes enter the body, the immune system is activated. This starts a process in your body called inflammation. However, inflammation can sometimes occur when your body is not threatened by anything.

Major diseases that have been linked to inflammation include cancer, heart disease, diabetes, arthritis, and depression. Choosing the right anti-inflammatory foods can help reduce your risk of illness and reduce inflammation in the body. Anti-inflammatory foods include tomatoes, olive oil, green leafy vegetables, nuts, and fatty fish. Fruits such as strawberries, blueberries, and cherries are also anti-inflammatory foods.

On the flip side, it is important to avoid foods that cause inflammation. These foods include white breads and pastries, french fries, soda, red meat, and margarine.

Incorporating foods that reduce inflammation into your diet each day will help you live a better and healthier life.

Get more information about inflammation reducing foods at <https://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>

WEEKLY CHALLENGES

LOOK AT YOUR DIET AND AVOID EATING FOODS THAT CAUSE INFLAMMATION THIS WEEK

MAKE A SALAD WITH TOMATOES AND LEAFY GREENS THIS WEEK

INCORPORATE ALMONDS OR WALNUTS INTO YOUR RECIPES THIS WEEK

EAT FRUITS THAT REDUCE INFLAMMATION THIS WEEK

Salad with Tuna, White Beans & Shallots

Serves: 1-2

Prep Time: 15 min

Cook Time: 5 min

Ingredients

1– 5 oz can
Tuna or chicken, drained

Shallots, Green Onion, or Onions, finely
chopped

1– 15 oz Can White Cannellini or other
beans, drained & rinsed

*Optional Ingredients

Lemon juice or Red Wine Vinegar

Black Pepper

Herbs or Salt-free Seasoning of your choice

Instructions

- 1: Drain the tuna.
- 2: Slice some shallots or onions, finely.
- 3: Cook them in some olive oil on low heat for about 2 minutes. Add the drained beans and sauté another 2 minutes, finally add the tuna and stir.
4. Add lemon juice or a little red wine vinegar if you like as well as pepper and herbs or salt-free seasoning as desired.

Variation

Vegan with tofu: Add red grapes for some color & sweetness.

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Nutrition Bite

Canned tuna is a good source of essential nutrients, such as omega-3 fatty acids, high quality protein, selenium and Vitamin D. Tuna provides an important dietary source of the long-chain omega-3 fatty acids needed for good heart health, brain function and normal growth and development.

Notes

This protein packed, simple recipe can be eaten with a fork or over salad greens or spinach or even placed on a sandwich.



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Recipe adapted from The Anti-Cookbook by
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