

What causes inflammation in the body?

Inflammation is a part of the body's immune response which is critical to healing wounds and damaged tissue.

However, chronic inflammation can lead to certain diseases and conditions. Undesirable inflammation can be triggered by a multitude of factors including stress, hormonal imbalances, and a poor diet.

Diets high in fat and sugars can cause inflammation. These diets can cause the metabolism to slow down and overwork the gastrointestinal (GI) tract.

Anti-Inflammatory Broccoli, Ginger, Leek & Turmeric Soup



Photo courtesy of Pixabay.com

Ingredients:

- 3/4 Tbsp Olive Oil
- 4 cups chopped leeks
- 1 tbsp chopped ginger or 1/4 tsp ground ginger
- 4 cups broccoli florets
- 1/2 tsp turmeric
- 1/2 tsp salt or salt-free seasoning
- Pinch of black pepper
- 1/2 tbsp oil
- 3 cups vegetable or chicken stock

Directions:

1. Heat oil in large pot over medium heat. Add the leeks and cook, stirring occasionally, about 7-10 minutes, until leeks are cooked through.
2. Transfer the leeks to a slow cooker with the ginger, broccoli, turmeric, salt, oil and stock.
3. Cover and cook on low for about 3 hours- until broccoli is tender.
4. Using a blender or handheld blender, blend until creamy and smooth.

Recipe adapted from <https://sweetpeasandsaffron.com/anti-inflammatory-broccoli-ginger-turmeric-soup-slow-cooker/>

Nutrition Information:

Serving: 1/4 of batch | Calories: 126kcal |
Carbohydrates: 11g | Protein: 7g | Fat: 7g |
Saturated Fat: 3g | Cholesterol: 19mg | Sodium:
894mg | Fiber: 5g | Sugar: 4g

Late-Onset Food Allergies

Immune systems weaken as we age, so older adults are at an increased risk of food allergies.

Research shows positive allergy tests at nursing homes for nearly 25% of the residents. Unfortunately, only 5-10% of these allergies tend to be reported.

Common allergy foods are certain fruits, vegetables, tree nuts, peanuts, and seafood.

Sufferers should consume foods rich in omega 3 fatty acids to reduce inflammation caused by food allergies. Plant-based foods have compounds that help reduce effects of food allergies.

Avoid trans fats and saturated fats that enhance inflammation and could worsen the food allergy effects.

Simple Green Smoothie (Serves 2)



Photo courtesy of pixabay.com

Ingredients

- 1 cup kale or spinach
- 1 banana
- 1 cup low fat milk
 - Or plant-based milk
- 1 cup plain yogurt
- 1 apple (cored and sliced)
- 1 cup frozen fruit
- OPTIONAL: 1 tbsp flaxseeds
- OPTIONAL: 1 tbsp chia seeds

Directions

1. In a blender, blend the kale or spinach and the milk of choice.
2. Add the remaining ingredients, and blend.
3. Serve and enjoy cold.
4. Save the leftover smoothie in the refrigerator for later in the day or the next day.

Nutrition Information

Calories	299
Total Fat	4 g
Saturated Fat	2 g
Sodium	156 mg
Fiber	7 g
Total Sugars	38 g
Protein	13 g

Recipe adapted from: What's cooking? USDA Mixing Bowl

EAT WELL, AGE WELL. ANTI-INFLAMMATORY FOODS

What is inflammation?

When a potentially harmful substance invades your body, your immune system responds by trying to fend it off with the process of inflammation (accompanied by swelling, heat, redness, and pain).

The immune system's goal is to protect your body and to minimize the harm of the foreign substance.

Inflammation can lead to additional health concerns.

If inflammation persists too long, it can lead to chronic diseases such as heart disease, diabetes, cancer, and Alzheimer's disease which are more common with increasing age.

Reducing Inflammation:

To reduce inflammation, you should try to **limit** fried foods, sugary beverages, white breads, red meats, and solid fats.

Foods such as green leafy vegetables, tomatoes, nuts, fish, fruits, and olive oil **should be consumed** to reduce inflammation and to promote health.

Blueberry, Almond, and Greens Anti-Inflammatory Side Salad (Serves 1)



Pixabay.com, Stephanie Frey (Photographer)

Ingredients

- 1 cup spinach
- 1/2 cup kale
- 1/2 tomato, diced
- 1/8 cup almonds (slivered or chopped)
 - *Substitute option: walnuts*
- 1/4 cup fresh blueberries
- 1/2 tablespoon extra-virgin olive oil
- **Optional:** *add any additional vegetables or fruits you would like!*

Directions

1. Place the spinach and kale in a bowl.
2. Dice the tomato and add it to the greens.
3. Add the blueberries and almonds.
4. Drizzle on the olive oil.
5. Toss the salad together.
6. Serve and enjoy your fresh salad!
7. *(If preparing ahead of time, combine the ingredients and store in the refrigerator in an air-tight container. Add the olive oil right before serving).*

Original Recipe created by Nicole Tellock.

Nutrition Information

Calories	190
Total Fat	15 g
Saturated Fat	2 g
Sodium	30 mg
Fiber	4 g
Total Sugars	7 g

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What Does an Anti-Inflammatory Diet Do?

The body is trained to recognize foreign chemicals, bacteria or anything that does not belong in the body. This process often leads to inflammation, which can affect one's health.

An anti-inflammatory diet can greatly reduce inflammation, and chronic disease.

Foods such as blueberries, apples, nuts and leafy greens are high in antioxidants that reduce inflammation.

Green Apple Salad: Serves 2



Photo Courtesy of Pixabay.com

Ingredients:

- 4 cups mixed salad greens
- 1 large Granny Smith apple (cut into small cubes)
- ½ cup chopped walnuts
- ½ cup fresh or dried blueberries
- ¼ cup vegetable oil
- 2 tablespoons balsamic vinegar
- 2 tablespoons extra-virgin olive oil

Directions

1. Combine the salad greens, apple, walnuts, and blueberries in a large bowl.
2. Combine the vegetable oil, extra-virgin olive oil, and balsamic vinegar in a small bowl.
3. Pour the dressing (liquids) over the salad; toss to combine and chill until serving.

This salad allows for many different flavors while still getting nutrients and improving inflammation. This recipe includes nuts, apples, and leafy greens to reduce inflammation throughout the body!

Recipe adapted from: Mary Younkin

“It is always the simple that produces the marvelous.” Amelia Barr