

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.

Anti-Inflammatory Foods:

Why should I eat anti-inflammatory foods?

- Foods that reduce inflammation can improve your health by reducing your risk for rheumatoid arthritis, heart disease, stroke, and more!

Weekly Challenge

Swap out a food in your diet for an anti-inflammatory alternative!

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Erica McMillan. August 2019

Anti-Inflammatory Foods:

Easy Swaps to Reduce Inflammation:

Instead of:	Try:
Vegetable Oil	Olive oil
White Potatoes	Sweet Potatoes
Iceberg Lettuce	Spinach
Peanut Butter	Almond Butter
Baguette Bread	Whole Rye Bread

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Erica McMillan. August 2019

Anti-Inflammatory Foods:

What are some more examples of anti-inflammatory foods?

- Foods that reduce inflammation often come in the form of lean meats, healthy fats, and fresh fruits and vegetables.



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Students by Erica McMillan. August 2019

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Anti-Inflammatory Food: Salmon

Fatty fish like salmon contain a lot of omega-3 fatty acids. These fatty acids suppress inflammation. Research shows consuming omega-3's reduce inflammation in individuals with rheumatoid arthritis and type 2 diabetes. Wild salmon has more omega-3s than farmed salmon.

Weekly Challenge

Try salmon once or twice this week!



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Atherosclerosis Fatty Acids Can Help

A risk factor for cardiovascular disease is a diet with too much trans fat. Try to reduce trans fat in the diet by reducing consumption of snack foods containing this type of fat. Foods with monounsaturated and polyunsaturated fats are better swaps. Healthy fats are in lots of foods!

Helpful Tip

Reduce foods high in trans fat!

Weekly Challenge

Try including fish oil supplements this week!

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Omega 3 Fatty Acids

These fatty acids protect against fatty liver disease by encouraging quality insulin sensitivity and diverting the fatty acids away from liver storage. Our bodies must do more work to convert flaxseed, hemp, and chia seed components into omega 3s, reducing the omega 3 bioavailability, but can still be good plant based options.

Weekly Challenge

Try adding these seeds in this week!



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Anti-Inflammatory Food: Alternatives

Limit:	Increase Consumption:
Solid fats (lard, margarine, etc.)	Olive oil
Processed meats, red meats	Fish: salmon, tuna, sardines
Soda and sugary beverages	Whole fruits and berries
Fried foods, white breads	Fresh leafy greens, nuts

Weekly Challenge

Make 2 of these exchanges this week!

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Anti-Inflammatory Food: Antioxidants



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Antioxidants are found in fresh foods such as berries, green leafy vegetables, nuts, beans, herbs, and other fruits, vegetables, and legumes.

Consuming antioxidant-rich foods lowers your risk of prolonged inflammation. Antioxidants protect your cells from free radicals that damage your cells, so the inflammatory response is reduced or eliminated!

Weekly Challenge

Try eating a fruit salad or salad of greens this week with antioxidant-rich choices!

GWAAR Nutrition Team in Collaboration with UW-Stout Dietetic Students by Nicole Tellock. August 2019

Anti-Inflammatory Food: Garlic vs. Salt

Garlic helps maintain balance in the immune system of the body (which could otherwise trigger an inflammatory reaction).

A diet high in salt can cause inflammation and edema, so limiting salt in one's diet and replacing it with spices, herbs, or garlic are great options. These are high in antioxidants and can improve your overall immune health.

Try finely grating or slicing fresh garlic into foods for added flavor and health benefits!



Pixabay.com Steve Buisinne (Photographer)

Weekly Challenge

Try consuming garlic in place of salt 1-2 times this week!

GWAAR Nutrition Team in Collaboration with UW-Stout Dietetic Students by Nicole Tellock. August 2019

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Anti-Inflammatory Foods: Blueberries

Blueberries have many different antioxidants which help support the immune system.

The antioxidants also help fight inflammation throughout the body!

Berries are part of the MIND diet and can help improve cognition.

Weekly Challenge:

Try a recipe using blueberries!
Such as a blueberry smoothie.



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GWAAR Nutrition Team in Collaboration with UW Stout
Dietetic Students by Hope Quilling. August 2019

Anti-Inflammatory Foods: Blueberries

Packed with antioxidants and phyto-flavonoids, these berries are high in potassium and vitamin C!

They can lower your risk of heart disease and cancer due to their anti-inflammatory properties.

Weekly Challenge:

For a quick and healthy snack, mix some into Greek Yogurt of your choice. This will provide a rich source of protein as well.



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GWAAR Nutrition Team in Collaboration with UW Stout Dietetic
Students by Hope Quilling. August 2019

Anti-Inflammatory Foods: Blueberries

According to Ann Kulze, MD, when selecting berries, note that the darker they are, the more antioxidants they have. "I tell everyone to have a serving (about 1/2 cup) every day," Kulze says. "Frozen are just as good as fresh."

In general, the more color they have, the more antioxidants.

Weekly Challenge:

Buy some frozen blueberries and eat 1/2 cup at least three times this week.



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Students by Hope Quilling. August 2019

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