



## HEALTH TIP OF THE WEEK

### 3/7: Inflammatory and Anti-inflammatory Foods

**Are there actually foods that cause inflammation in your body? The answer is yes!**

Inflammation is caused by a particular type of cells that create an inflammatory response. Short-term inflammation is useful. Your body uses inflammation to fight off illness and heal injuries. However, chronic, long-term inflammation can be dangerous.

Long-term inflammation can:

1. cause damage to the cell's DNA, which can lead to cancer
2. increase insulin resistance, which leads to diabetes
3. cause the growth of plaque in the arteries and trigger blood clots, which can cause heart disease

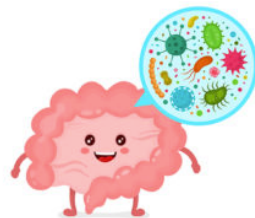
Constant stress makes inflammation worse. No shock there. Constant stress makes EVERYTHING worse. But did you know that your level of chronic inflammation is largely diet - dependent? It's true. That's why food choice is so important.

**Limiting certain foods helps reduce inflammation and cuts your risk of chronic diseases!**



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at [Eliteptf.com](http://Eliteptf.com) for more information and to schedule your evaluation.

## Here are five common foods that cause inflammation:



- **Sugary foods**

- Sugary foods cause an unhealthy gut microbiota. They stimulate the production of fatty acids in your liver. When your body digests the fatty acids, the resulting compounds trigger inflammation. Additionally, sugary foods are stored as fat, which secretes cells [inflammatory cytokines] that cause even more inflammation.

- **Processed meats**

- Offenders include bacon, deli meats, hotdogs, beef jerky, and chicken nuggets.
- These meats have been modified through curing, salting, smoking, or adding chemical preservatives. They are high in saturated fat, which leads to weight gain and inflammation.



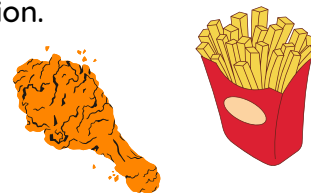
- **Certain cooking oils**

- Many common cooking oils contain a type of fat called omega-6 fatty acids. In the right ratio, these fats are not necessarily bad – your body uses them for energy and normal growth. But this must be balanced with healthier omega-3 fats. Consuming too much omega-6 fatty acids can throw off the balance, thus triggering inflammation.
- Examples of oils to watch out for are corn oil, canola oil, sunflower oil, safflower oil, and peanut oil.



- **Fried food**

- Fried foods are notorious for contributing to inflammation. They typically contain trans fats and have high levels of omega-6 fatty acids. Fried foods produce compounds in the body known as AGEs [advanced glycation end products]. These compounds directly stimulate inflammation.



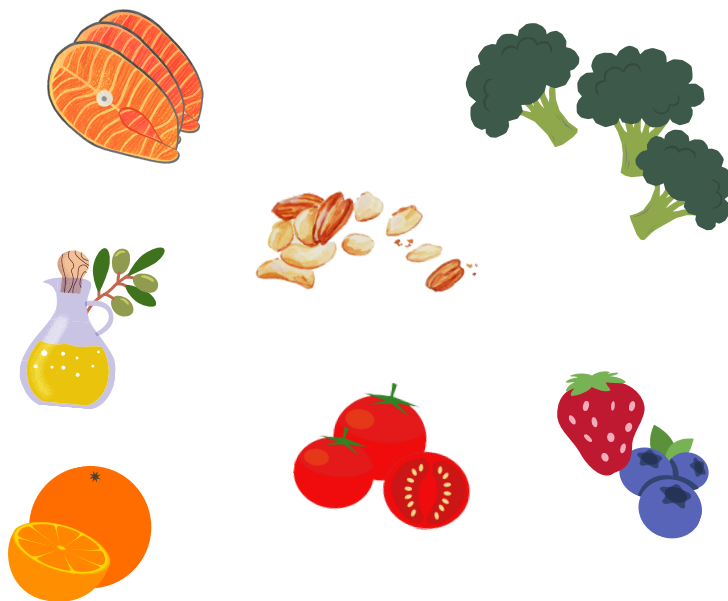
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## Anti-Inflammatory Foods

Good news. There are many anti-inflammatory foods that can help fight chronic inflammation. These foods are rich in key compounds like antioxidants and omega-3 fatty acids that work to reduce your levels of inflammatory proteins.

Anti-inflammatory foods to add to your diet:

- Fatty fish
- Extra-virgin olive oil
- Fruits and veggies like oranges, broccoli, and peppers
- Nuts
- Berries
- Tomatoes



Inflammation is a major health concern. Your diet can have a huge effect on the levels of inflammation in your body. Avoiding foods like sugar, packaged snacks, and processed meat can help you control inflammation and lower your risk of chronic illnesses like heart disease.

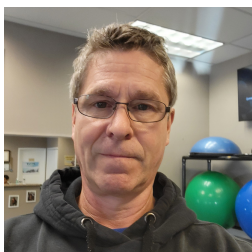
### Take-Home Message

Keep in mind that the overall content of your diet is more important than any one meal.

In other words, if your diet is high in fruits, vegetables, and whole grains with healthy amounts of lean proteins, occasional intake of your favorite sweet treat or salty snack or even a fatty meal is not going to be a deal-breaker.

**Eating unhealthy once in a while isn't going to kill you - eating unhealthy all the time will!**

If you have questions about training time frames or anything else related to exercise or nutrition, please reach out to us so we can partner with you and help you improve your health and wellness.



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