

ANTI-INFLAMMATORY FOODS FOR WELLBEING



Chronic Inflammation is tied to just about every health problem – gut issues, hormonal imbalances, heart and autoimmune conditions, mood swings and skin, hair and nail problems. The foods we eat fight inflammation or feed it.

Top 5 Foods for Fighting Inflammation

1. Oily Fish

Salmon, sardines, mackerel and anchovies all contain the active forms DHA and EPA Omega-3s. These healthy fats are essential for healthy hormones, brain function and keeping inflammation at bay. Wild caught seafood is abundant in healthy omega-3 fats.

2. Turmeric

Turmeric is packed with anti-inflammatory properties. Curcumin is the main bioactive compound in turmeric. It has powerful anti-inflammatory effects and is a very strong antioxidant.

3. Nuts and Seeds

such as almonds, Brazil nuts, cashews, chia seeds, flaxseed, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, sunflower seeds, walnuts. A great addition to fancy up any salad, and full of beneficial ALA omega-3s and antioxidants like vitamin E.

4. Healthy fats such as Olive Oil and avocado

These kitchen staples deliver the inflammation-suppressing compound oleocanthal, plus a small amount of omega-3s.

5. Brightly coloured fruits and vegetables

Packed with folate and phytochemicals with antioxidant and anti-inflammatory effects, brightly coloured produce also contains high amounts of polyphenols, which help control inflammation as well as having a beneficial effect on our gut microbiome. Leafy greens, blueberries, cruciferous veggies like broccoli and cauliflower, red and yellow capsicums are all great places to start!

Simple food swaps to reduce inflammation

- Swap dairy milk for coconut milk
- Swap sugar and artificial sweeteners for honey
- Swap alcohol for Kombucha
- Swap fried fish and chips for home cooked fish and kumara chips

