

NOURISH YOUR BODY TO REDUCE ACHES & PAINS



Research suggests that diet can have a significant impact on inflammation in the body. Some foods increase inflammation, while others reduce it. Eat these foods to help reduce inflammation.

- + **FRUITS AND VEGETABLES** are packed with antioxidants that help fight inflammation.
 - **Good sources:** colorful foods such as blueberries, blackberries, cherries, strawberries, spinach, kale, broccoli and red bell peppers
- + **FATTY FISH** is rich in anti-inflammatory omega-3 fatty acids.
 - **Good sources:** salmon, tuna and mackerel
- + **HEALTHY FATS** from nuts and seeds are full of inflammation-fighting monounsaturated fat and fiber.
 - **Good sources:** walnuts, almonds, pistachios and sunflower seeds
- + **BEANS** have several antioxidant and anti-inflammatory compounds.
 - **Good sources:** black, garbanzo, kidney and pinto



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