

# THE BASICS



## FIVE ANTI- INFLAMMATORY FOODS TO EAT EVERY DAY

CRUCIFEROUS VEGGIES

NUTS

OLIVE OIL

BERRIES

GARLIC

# CRUCIFEROUS VEGGIES

## Benefits

- Stimulates immunity
- Reduces inflammation
- Balances blood sugar
- Supports detoxification
- Reduces the risk of breast, colon, and lung cancer

## Examples

- Arugula, Bok Choy, Broccoli, Brussel Sprouts, Cauliflower, Cabbage, Collard Greens, Kale, Mustard Greens, Radish, Turnip, Watercress

## What Do I Do With It?

- Mix them in with your current salad greens (best option for preserving the most nutrients)
- Make a simple saute with olive oil, salt, lemon juice
- Roast them in the oven



# NUTS

## Benefits

- High in healthy fats, low in carbohydrates
- High in antioxidants, protecting cells from damage
- Good source of fiber, Vitamin E, magnesium, selenium
- May lower triglycerides and boost HDL cholesterol
- Reduces inflammation

## Examples

- Almonds, Pistachios, Brazil Nuts, Hazelnuts, Walnuts, Pecans, Peanuts

## What Do I Do With It?

- Add them to your morning oatmeal or smoothie
- Toast them and toss them into a salad
- Eat them raw for a quick, healthy snack



# OLIVE OIL

A glass bottle of olive oil with a cork stopper, surrounded by olives and olive branches. The bottle is filled with a golden-yellow liquid. The background is dark and textured, with some green leaves visible on the right side.

## Benefits

- Rich in Oleic fatty acid, which reduces inflammation
- Loaded with antioxidants
- May lower risk of stroke and heart disease
- Lowers blood pressure
- May help reduce risk of Type 2 diabetes

## Examples

- It's worth investing in the highest quality olive oil you can afford. Buy unfiltered extra virgin. Store in dark, air tight containers, in a cool location.

## What Do I Do With It?

- Use it to make your own salad dressing
- Drizzle it over steamed veggies
- Toss veggies in it before grilling or roasting



# BERRIES

## Benefits

- Lower in sugar than other fruits
- Packed with antioxidants to fight inflammation
- High in fiber, benefits digestive health
- May help keep memory sharp during aging
- Anti-cancer properties

## Examples

- Blueberries, Acai berries, Goji berries, Strawberries, Blackberries, Bilberries, Raspberries

## What Do I Do With It?

- Add them to your oatmeal or smoothie
- Toss them into your salad
- Eat them alone as an easy, healthy snack





# GARLIC

## Benefits

- Stimulates immune system
- Packed with antioxidants to fight inflammation
- Low in calories and high in Vitamin C, B6 & manganese
- Reduces blood pressure
- Lowers cholesterol
- May reduce risk of Alzheimer's and dementia

## Examples

- Raw is best, and crush or mince before eating to get the most health benefits

## What Do I Do With It?

- Mix it into your homemade salad dressing
- Toss it into roasted veggies before serving
- Mix it into dips and spreads