

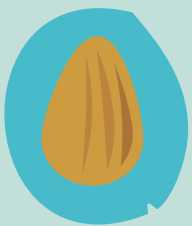
Foods that Fight Inflammation

Did you know?
What we put into our mouths can have an impact on our overall health?
If we fuel our bodies properly with these inflammation fighting foods, we can help boost our immune system, maintain a healthy weight, and decrease our risk of developing diseases like metabolic disease and cancer.

I taste sweet, am a source of vitamin A and C, and have about 80 calories per cup!
-The Blueberry



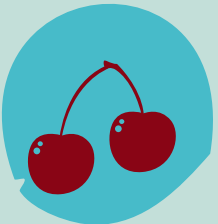
Foods



Nuts; don't be afraid of the fat content, these little morsels can pack a punch of Omega 3 fatty acids.



Fish is filled with those same Omega 3's. That's a Heart Healthy fat.



Fabulous fruits are full of antioxidants. Think berries, cherries, and oranges.



Herbs and spices can even host some antioxidants. Try using a variety of them to spice things up. Some examples are garlic, turmeric, and cinnamon.

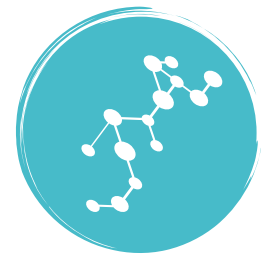
How?



A series of chemical reactions occur and our bodies digest the fuel



We ingest fuel for our bodies (food)



We use the nutrients we take in for things like building tissue, energy for activity and immune system function



For more information visit: www.eatright.org
or
www.harvardhealth.edu

For More Information:

877.223.2350

www.connectcare3.com