

# Anti-Inflammatory Nutrition

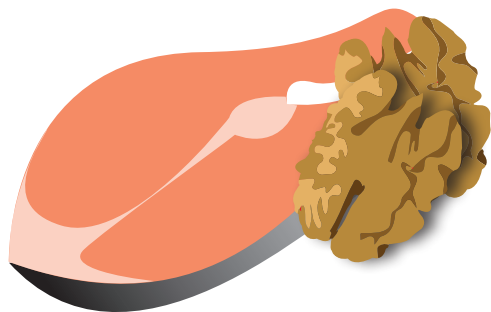
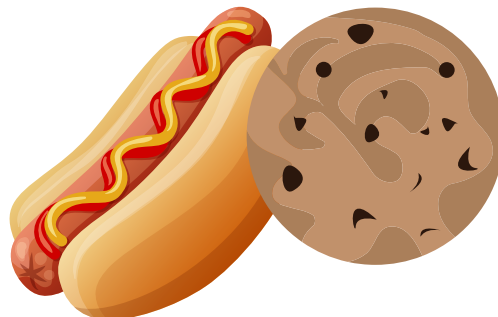
Inflammation is our body's response to injury or illness and is often seen as both an indicator and risk factor for various illnesses, including osteoarthritis. The best way to keep inflammatory levels down is by following an overall healthy diet including a variety of fruits, vegetables, whole grains, lean protein, and healthy fats.

## Anti-Inflammatory

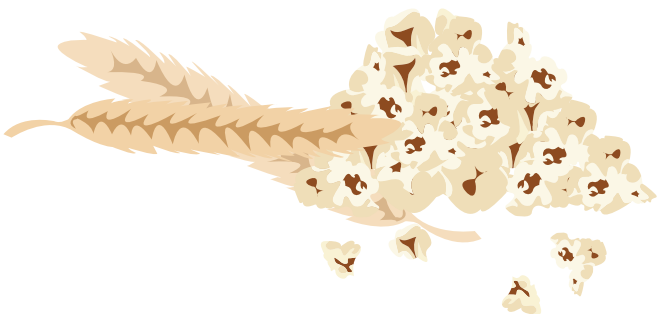
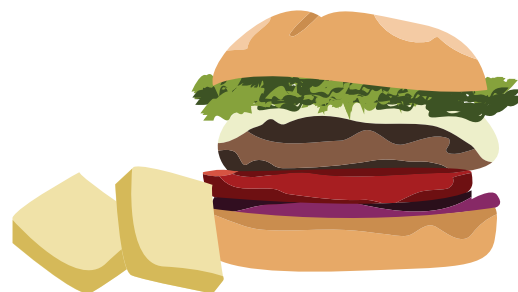


FRESH  
VS  
HIGHLY  
PROCESSED

## Inflammatory



UNSATURATED  
VS  
SATURATED



WHOLE  
GRAINS  
VS  
REFINED  
GRAINS



WATER  
VS.  
SUGARY  
DRINKS

