

NUTRITION TIPS WHEN EXPERIENCING AN INJURY

FOODS TO CONSUME	FOODS TO REDUCE/AVOID
<ul style="list-style-type: none">• Wild Salmon: high in Omega 3's (very strong natural anti-inflammatory)• Kelp: high in fibre and has anti-inflammatory qualities• Extra Virgin Olive Oil: a healthy fat that fights inflammation in the body• Vegetables: broccoli, brussel sprouts, kale, and cauliflower naturally detoxify the body; they also have significant amounts of antioxidants which help fight bad cells in the body• Blueberries: high in antioxidants (attack bad cells), reduce inflammation in the body, protect the brain from aging type diseases (e.g., dementia)• Turmeric: a natural inflammatory and pain reliever; found in curries• Ginger: helps reduce inflammation and also controls blood sugar• Garlic: helps fight inflammation and infection• Green Tea: contains anti-inflammatory properties• Sweet Potato: contains anti-inflammatory properties	<ul style="list-style-type: none">• Excess alcohol: excess alcohol causes substantial inflammation in the organs; if you are to have alcohol red wine is the best choice as long as it is in moderation, no more than 2 glasses• Sugar and wheat consumption: reduce intake dramatically; they cause inflammation (refined carbohydrates such as most snack foods cause inflammation)• Red Meat: causes inflammation → fish or chicken are better protein choices when it comes to decreasing inflammation• Dairy Products: generally they are inflammatory; real cheese and real Greek yogurt are exceptions → studies have shown that they may help decrease inflammation• Common Cooking Oils: (soy, sunflower, corn, cottonseed) are high in Omega 6's which causes inflammation• Trans Fats: processed fats, commonly found in deep fried or baked goods• Artificial Food Additives: aspartame and MSG are the two most common additives and trigger inflammatory responses in the body• Do not consume too many calories (i.e., do not overeat); if you do, it causes inflammation

Brought to you by:



1565 Maple Grove Road, Kanata ON, K2V 1A3

Steps to Decrease Inflammation in the Body:

- ✓ Eat fruits and vegetables → the more colourful the better; broccoli, cabbage, brussel sprouts, kelp and cauliflower are extremely high in anti-inflammatory compounds
- ✓ Consume healthy fats (Omega 3-rich options such as salmon, extra virgin olive oil, avocados, nuts and seeds), as they decrease inflammation
 - ✓ Add spice to your diet - especially ginger and/or turmeric (strong anti-inflammatories)
- ✓ Consume tea - especially green, oolong, or black (very strong anti-inflammatory fighting drinks)
- ✓ Some studies suggest that dark chocolate (72% and above) in moderation is a good fighter against inflammation
- ✓ Avoid and/or reduce the foods listed above, as they cause inflammation and slow down the healing of tissues
- ✓ Avoid foods that you are sensitive to; you may have a food allergy and not know it → signs could include: chronic fatigue, frequent headaches, etc.

Brought to you by:



1565 Maple Grove Road, Kanata ON, K2V 1A3