

# DID YOU KNOW...

that there are 10 foods that can fight inflammation?



#1 Extra-virgin olive oil contains a substance called oleocanthal that interferes with two enzymes involved with inflammation in the body.

#2 Red wine contains a compound called resveratrol, which has been found to have both anti-inflammatory and anti-cancer properties.

#3 Tea, since generally any beverage that is high in water content will have anti-inflammatory qualities, but white, oolong and green tea are also full of catechins, antioxidant compounds that reduce inflammation.

#4 Grass-fed beef is not being fed grain or corn which are full of fatty acids linked to inflammation.

#5 Oily fish such as salmon, sardines and tuna are fish that, experts say, when eating one to two servings per week can reduce inflammation.

#6 Cocoa when not in the form of candy and made with skim or low-fat milk contains anti-inflammatory compounds called flavanols that reduce both blood clotting and inflammation.

#7 Cranberries are a powerhouse food, rich in anti-inflammatory antioxidants, with studies linking the red berry to such benefits as inhibiting cancerous tumors and lowering bad cholesterol as well as acting as a natural antibacterial agent.

#8 Grapes' skins contain resveratrol, which inhibits inflammation and may even help to fight cancer.

#9 Walnuts contain the plant version of omega-3 fatty acids, a substance known as ALA, which reduces inflammation.

#10 Broccoli contains the inflammation-fighting flavonoid kaempferol.

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