

FIGHTING INFLAMMATION WITH FOOD

WHAT IS INFLAMMATION?

Sustaining and injury is inevitable during the career of most elite and recreational athletes. Injury to body tissues activates the immune system, resulting in the release of inflammatory cells which aim to heal damaged tissue.

“ **SOME INFLAMMATION IS IMPORTANT FOR HEALING** ”

Try these!

Foods that help control the **inflammation response**.



Salmon



Tuna



Tomatoes



Olive oil



Spinach



Broccoli



Kale



Almonds



Walnuts



Seeds



Berries



Oranges

WHAT ARE THE TWO TYPES OF INFLAMMATION?

Acute inflammation is an immediate response to sudden body damage, such as sprains and tears to muscles and ligaments.

Chronic inflammation occurs when the body releases inflammatory cells even when there is not outside danger e.g., tendonitis.

While inflammation is a normal part of training, and some inflammation is important for healing, your diet can help modulate the inflammatory response and help reduce the impact of chronic inflammation.

So, reach for the fridge instead of your medicine cabinet and try these foods that help control the inflammation response.