

A Focus on Healthy Eating To Control Inflammatory Disease



BY BEATRIZ OSPINA, CEC

Inflammation is defined as a localized reaction of tissue to irritation, injury or infection. Symptoms include pain, swelling and red coloration of the area. We commonly think of inflammation as the painful result of arthritis. But inflammation is also a component of chronic diseases like heart disease, stroke, Alzheimer's disease, Parkinson's disease, depression, cancer and diabetes. That is why anti-inflammatory foods are so important. Below is a list of food groups and nutrients that contain foods with anti-inflammatory properties.

Anti-Inflammatory Fats (Good Fats)

This group includes omega-3 fatty acids found in cold water fish like Alaskan salmon, olive oil, seeds, whole grains and nuts.

Fruit

A substance known as bromelain that is present in all parts of the pineapple has a large number of medical uses in treating inflammation and swelling and improving healing time and pain relief. Bromelain is a mixture of protein-digesting enzymes. For centuries, pineapple has been used to reduce inflammation. Bromelain is derived from the stem and juice of the pineapple. What follows is a good way to capture the anti-inflammatory properties of the pineapple: Rinse the pineapple, peel off the skin and boil it in water. Once it boils, let it simmer for 20 minutes. Then let it cool down. It will help those affected with inflammatory conditions like rheumatoid arthritis. The stem can be juiced in the juicer.

The pineapple is a delicious fruit that can be used in many different ways as juices, sauces, teas, desserts, and obviously in its natural form. There are many fruits from which to choose, including apples, apricots, bananas, blueberries, strawberries, raspberries, cherries, grapes, plums and pomegranates.

Vegetables

Low in fat, sodium, sugar and cholesterol, the vegetable group provides a variety of vitamins, including vitamins A, C, E, and B complex, as well as nutrients like

folic acid, fiber, natural antioxidants and minerals for optimal health. For example, green kale, broccoli, Brussels sprouts, cabbage and turnips are known to offer extra protection against cancer. Carotenoids like the beta carotene found in broccoli and carrots have been shown to be powerful antioxidants and potential prevention agents in chronic diseases.

Plan for your future by creating a nutritional program you can stick to. This is more of an overall health option than a diet because drastic changes in your eating habits generally do not last. By maintaining a healthy weight through exercise and avoiding excess calories, you will start to reduce the level of inflammation in your body.

The only way anyone can stick to a healthful diet is to make sure it tastes good and satisfies your appetite. The key is not only to eliminate the bad parts of your diet but also to enjoy the new healthful choices you add to replace them. [CIP](#)

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