



Inflammation is the body's natural, protective response to injury, illness, or infection. There are two main types of inflammation: acute, which is a response to sudden body damage, and chronic, which occurs silently in response to autoimmune diseases or other chronic conditions.

ACUTE = short term, sudden, obvious **CHRONIC = long term, silent**

It is common to experience inflammation in the body to the affected area after surgery as it is an essential part of the body's healing process. Inflammation can present as redness, tenderness, swollenness, heat, and pain.

During the rehabilitation period, there are foods you can prioritize that may help ease symptoms of inflammation and accelerate healing, as well as foods you can limit to avoid exacerbation of symptoms.

FOODS THAT FIGHT INFLAMMATION

1. Plant-based foods have polyphenols which act as antioxidants in the body
2. Antioxidants reduce oxidative stress and lower free radicals
3. Omega 3-s inhibit inflammation-causing enzymes

ANTI-INFLAMMATORY FOODS

Berries • Nuts & Seeds • **Tomatoes** • Olive oil • **Cruciferous vegetables** • Oranges • **Leafy greens** • Fatty fish

ANTI-INFLAMMATORY HERBS & SPICES

Turmeric • Ginseng • **Cardamom** • Rosemary • **Green tea**
Ginger • **Garlic** • Black pepper

FOODS THAT CONTRIBUTE TO INFLAMMATION

1. Food is processed as information for the gut to respond to by either accepting it or rejecting it
2. Certain foods can trigger an immune response causing inflammatory markers and other chemicals to be released
3. Avoid ultra-processed foods & foods that you specifically are sensitive to

PRO-INFLAMMATORY FOODS

- Refined sugars & grains (e.g., snack cakes, cookies, sodas, sugary cereals)
- Processed meats (e.g., hot dogs, bologna, bacon)
- Ultra-processed foods (e.g., chips, crackers, instant noodles)
- Foods high in trans fats (e.g., fast food, frozen pizza, donuts)
- Alcohol

**Most of these categories overlap*

TAKEAWAY TIPS TO LOWER INFLAMMATION

- Prioritization of whole foods
- Understanding food labels
- Cook most meals at home
- Add color, herbs, and spices to meals