

USE FOOD AS MEDICINE TO REDUCE INFLAMMATION

Here are some practical strategies to add whole, natural, less-processed foods to your routine to help reduce inflammation.

Pro shopping tips

- 1 Buy produce in bulk, shop specials, and look for in-season selections. Bonus benefit: you'll get more value for your dollar.
- 2 Choose "no added salt" versions of canned vegetables, beans, and soups.
- 3 Take advantage of the convenience of frozen veggies.
- 4 Experiment with new foods, flavors, and colors to keep things interesting, healthy, and fun!

Simple swaps to try

Swap this...		...for that
Juice, juice drinks, or syrup-packed canned fruit	→	H2Orange, fresh fruit, or juice-packed fruit
Sweetened cereals with added colors and preservatives	→	Whole-grain cereals
Deli-style lunch meats	→	Fresh-roasted chicken or turkey, tuna, or a fresh veggie sandwich with hummus
Spreading bread with butter or margarine	→	Dipping bread into olive or other vegetable-based oil
Cookies and cakes	→	Fresh fruit to finish a meal

Practice some meal magic

You don't need to change everything all at once. Eat as close to natural, whole foods as is realistic for YOU and make these changes over time. Experiment with just one swap this week and see how it feels.