



Inflammatory Food

Inflammation is a key factor behind many diseases and poor function in the human body. Certain foods cause inflammation and certain foods decrease inflammation.



Decrease

To cut down inflammation in the body decrease the following foods:

- Wheat and gluten – Bread/ Cookies/ Cereals (Oatmeal is okay)
- Dairy products – Milk, cheese and ice cream
- Oils – Sunflower, safflower, corn and peanut oil
- Fried food
- Noodles and pasta
- Jams
- Pizza
- High sugar foods



Increase

To cut down inflammation increase the following foods:

- Vegetables
- Fruits
- Herbs and spices
- Olive or avocado oil
- Green tea
- Fish
- Nuts and seeds
- Omega 3 oils



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