

FIGHTING INFLAMMATION WITH FOOD



Consume fluid and electrolytes during and after exercise to prevent dehydration

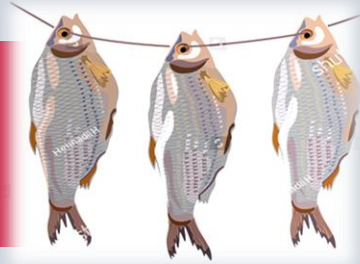
Consume good quality and sufficient protein to reduce exercise-induced muscle damage.

Have 20-30g protein post training



Essential fats reduce inflammation.

Food high in Omega 3 fats include: salmon, tuna, mackerel, herring, walnuts, flaxseed, chia seeds



Vitamin D regulates the inflammatory response.

High Vitamin D foods: Fatty fish, egg yolk, fortified dairy products

NB: Try to get exposure to sunlight between 10am—2pm



Consume fruits & vegetables high in antioxidants to dampen oxidative stress caused by exhaustive exercise.

Fruits & Vegetables high in Vitamins A, C, and E : dark leafy greens, avocado, broccoli, peppers, berries, citrus, tomatoes, carrots, sweet potatoes, squash

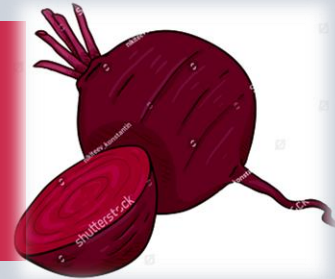
Anthocyanins, an antioxidant found in red and purple produce have been shown to maintain muscle strength & reduce muscle pain by reducing inflammation

Examples: cherries, berries, red onion, kidney beans



Nitrates convert to nitric oxide in the body which is known to increase blood flow and may reduce inflammation & enhance recovery

Sources of nitrates: beetroot, celery, leafy greens



Herbs & spices contain various antioxidants.

Include: Cinnamon, turmeric (curry), garlic, ginger

