



Prevention is Care

Foods that causes inflammation

Inflammation is a natural response of the body to injury or infection. However, chronic inflammation can lead to various health issues, including heart disease, diabetes, and autoimmune disorders. One of the significant contributors to chronic inflammation is diet. Foods that causes inflammation, impacts the overall health.

Here's a closer look at these inflammatory foods and their effects.

- 1. Sugary Foods and Beverages** High sugar consumption is one of the leading causes of inflammation. Sugary snacks, sodas, and desserts can cause spikes in blood sugar levels, leading to the release of pro-inflammatory cytokines. This response can contribute to weight gain, which is itself a risk factor for inflammation. Reducing intake of sugar-laden foods and opting for natural sweeteners or fruits can help mitigate this effect.
- 2. Refined Carbohydrates** Refined carbs, such as white bread, pastries, and many processed snacks, can lead to rapid increase in blood sugar. These foods lack fibre, which is crucial for maintaining stable blood sugar levels. The body's reaction to these spikes can result in inflammation, making it essential to choose whole grains instead.
- 3. Fried Foods** Fried foods are typically cooked in oils that contain unhealthy fats, particularly trans fats. These fats can promote inflammation and have been linked to numerous health problems, including heart disease. Alternatives like baking, grilling, or steaming can provide healthier cooking methods.
- 4. Processed Meats** Processed meats, such as bacon, sausages, and deli meats, often contain high levels of saturated fats and preservatives, including nitrates and nitrites. Research has shown that consuming these meats is associated with increased inflammation markers in the body. Opting for lean, unprocessed meats or plant-based protein sources can be beneficial.
- 5. Trans Fats** Trans fats are found in many processed and fried foods. They can raise bad cholesterol (LDL) levels while lowering good cholesterol (HDL), contributing to inflammation and increasing the risk of heart disease. It's crucial to read food labels and avoid products containing partially hydrogenated oils.
- 6. Excessive Alcohol** While moderate alcohol consumption may have some health benefits, excessive intake can lead to inflammation. Heavy drinking can disrupt the gut microbiome and increase the permeability of the gut lining, leading to systemic inflammation.

7. Certain Vegetable Oils Highly processed vegetable oils, such as corn, soybean, and sunflower oils, are high in omega-6 fatty acids. While omega-6s are essential in moderation, an imbalance with omega-3 fatty acids can promote inflammation. Opting for healthier fats can support a better omega-3 to omega-6 ratio.

8. Dairy Products For some individuals, dairy can trigger inflammation, particularly in those who are lactose intolerant or allergic. Dairy can lead to digestive issues and inflammatory responses. Non-dairy alternatives, such as almond or oat milk, can be good substitutes.

9. Artificial Additives Many processed foods contain artificial additives, including preservatives, colours, and flavourings. Some studies suggest that these additives can provoke inflammatory responses in certain individuals. Reading labels and opting for whole, unprocessed foods can help minimize exposure.

In conclusion, to stay fit, eat right.