

Rebalance^{MD}

Healthy Eating

You may have heard a lot of talk lately about specific foods causing inflammation. Many websites try to grab your attention with “The 4 foods that cause arthritis!” and other drastic statements. The truth is not so dramatic, but significantly more valuable. What we eat does matter and can affect the inflammatory load on our bodies. Highly processed foods and foods high in simple sugars are not natural for our bodies to use and can cause physical (and emotional) stress. Trans fats, saturated fats, red meat, especially processed or deli meats, also contribute to inflammation. Instead choose vegetables and fruit, healthy fats like olive oil, nuts and other plant-based proteins, higher fibre/less processed carbs, and fish. A good guide is the Mediterranean diet, or the Portfolio Diet, both of which will help your heart as well. After you adjust to the changes, you may find your energy and mood improve also!

More inspiration from DocMikeEvans: Healthy Eating 101:

<https://www.youtube.com/watch?v=fqhYBTg73fw>

Information about food and inflammation from Harvard Health:

<https://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>

And the Mayo Clinic:

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/how-to-use-food-to-help-your-body-fight-inflammation/art-20457586>

Mediterranean diet:

<https://www.healthlinkbc.ca/health-topics/aa98646>

Portfolio diet:

https://www.ccs.ca/images/Images_2017/Portfolio_Diet_Scroll_eng.pdf

Remember to include high calcium foods and a Vitamin D supplement of 1000-2000iu/d. These will work with your exercise program to keep your bones strong.

<https://osteoporosis.ca/bone-health-osteoporosis/nutrition/calcium-requirements/>

www.rebalancemd.com ● 104-3551 Blanshard St, Victoria, BC V8Z 0B9

tel: (250) 940-4444 ● fax: (250) 385-9600