

# 5 FOODS

TO REDUCE BODY INFLAMMATION  
(AND A FEW TO AVOID)

PLUS 3 SIMPLE RECIPES!

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## 5 FOODS TO REDUCE BODY INFLAMMATION:

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### 1. BERRIES

Strawberries, blackberries, cranberries, and blueberries are all potent in antioxidants and anti-inflammatory activity.

"Along with fiber and vitamin C, berries possess plant pigment phytochemicals, such as anthocyanins and ellagic acid, which may be behind their health benefits. Studies have linked increased berry consumption with lower risks of heart disease, Alzheimer's disease, and diabetes."

### 2. FATTY FISH

Fish like salmon, whitefish, bluefin tuna, striped bass, anchovies, herring, mackerel, sardines, and black cod are chock full of omega-3 fatty acids, which interfere with immune cells called leukocytes and enzymes known as cytokines, which are both key players in the body's inflammatory response.





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### 3. LEAFY GREENS

Leafy greens like spinach, arugula, and kale are high in antioxidants and also contain Vitamin B, which is important for nerve regulation and function. Don't love the taste or hate salads? Blend them up in your favorite smoothy or shake!

### 4. NUTS

Nuts like walnuts, almonds, cashews, pecans, and peanuts contain Omega-3s, antioxidants, magnesium, fiber, and phytochemicals, all of which are beneficial to the body's inflammatory responses.

### 5. OATMEAL

More phytochemicals, magnesium, and Omega-3s. (Definitely a trend here!) In addition, oatmeal also has a relatively low glycemic index. Foods with a lower glycemic index are believed to cause a slower rise in blood sugar levels, which may have anti-inflammatory effects.



# Peanut Butter Oatmeal



## Ingredients

1 cup old-fashioned rolled oats  
2 cups milk (dairy or plant-based)  
2 Tablespoons natural creamy peanut butter

Tablespoon honey or maple syrup (optional, for sweetness)  
1/2 teaspoon vanilla extract  
Pinch of salt  
Toppings: Sliced bananas, chopped nuts, a drizzle of additional peanut butter

## Directions

1. In a saucepan, combine the rolled oats, milk, peanut butter, honey or maple syrup (if using), vanilla extract, and a pinch of salt.
2. Cook Oatmeal: Place the saucepan over medium heat and bring the mixture to a simmer. Reduce the heat to medium-low and cook, stirring occasionally, until the oats are tender and the mixture has thickened to your liking (usually about 5-7 minutes).
3. If the oatmeal becomes too thick, you can add a bit more milk until it reaches your desired consistency.
4. Taste the oatmeal and adjust the sweetness if needed by adding more honey or maple syrup.
5. Spoon oatmeal into bowls. Add toppings, and enjoy!



# Berry, Nut, and Goat Cheese Salad



## Ingredients

4 cups mixed leafy greens

1 cup fresh mixed berries

1/2 cup chopped nuts

1/3 cup crumbled goat cheese

2 Tablespoons extra virgin olive oil

1 Tablespoon balsamic vinegar

1 teaspoon honey

Salt and pepper to taste

## Directions

1. Wash and dry the leafy greens thoroughly. If using kale, remove the tough stems and chop the leaves into bite-sized pieces.
2. (OPTIONAL) In a dry skillet over medium heat, toast the nuts until they become fragrant and lightly browned. Be sure to stir frequently to prevent burning. Remove from heat and let them cool.
3. In a large salad bowl, combine the mixed greens, fresh berries, crumbled goat cheese, and toasted nuts.
4. In a small bowl, whisk together the extra virgin olive oil, balsamic vinegar, honey, salt, and pepper. Adjust the seasoning to taste.
5. Drizzle the dressing over the salad and toss gently to ensure even coating.

# Baked Lemon Garlic Salmon



## Ingredients

- 4 salmon filets (about 6 ounces each), skin on
- 3 Tablespoons olive oil
- 3 cloves garlic, minced
- 1 teaspoon lemon zest
- 2 Tablespoons fresh lemon juice
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- Salt and pepper to taste
- Lemon slices for garnish
- Fresh chopped parsley for garnish

## Directions

1. Preheat the oven to 400 degrees
2. Pat the salmon fillets dry with paper towels. Place them skin-side down on a baking sheet lined with parchment paper or lightly greased.
3. In a small bowl, whisk together the olive oil, minced garlic, lemon zest, lemon juice, dried oregano, dried thyme, salt, and black pepper.
4. Brush the salmon fillets generously with the lemon garlic marinade. Make sure to coat them evenly.
5. Bake the salmon in the preheated oven for about 12-15 minutes or until the salmon flakes easily with a fork. Cooking time may vary based on the thickness of your salmon fillets.
6. Once the salmon is cooked, remove it from the oven. Garnish with lemon slices and fresh chopped parsley for a burst of color and flavor.

## FOODS TO AVOID DURING AN INFLAMMATION FLAIR-UP:

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### 1. REFINED CARBS

such as white bread and pastries

### 2. FRENCH FRIES

and other fried foods

### 3. SODA

and other sugar-sweetened beverages

### 4. RED MEAT

like burgers and steaks, and processed meats  
like hotdogs and sausage

### 5. MARGARINE

shortening and lard





## 6. ALCOHOL

Now, this one can be tricky, but the truth of the matter is that even though it's relaxing to kick back with some drinks, alcohol often makes our bodies feel worse.

Alcohol weakens our immune system, triggers our body's inflammatory response, and disrupts our gut microbiome. Since 95% of our serotonin production (the body's "feel good" chemical) is manufactured in our gut, that one's kind of a biggie!

If you do choose to drink, being mindful of the type of alcohol you are drinking can make a big difference.

Moderation is also key, but if you do want to enjoy an alcoholic beverage or two during a flair-up:

- **PASS ON BEER AND MALT BEVERAGES**

Looking at you, White Claw...

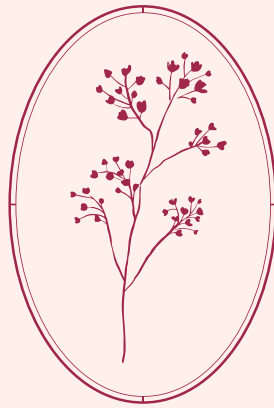
- **SKIP THE FRUITY COCKTAILS**

like margaritas, frozen daiquiries, and sugary mixers

- **SAY YES TO ANTI-INFLAMMATORY OPTIONS**

like red wine, vodka, gin, tequila, and whisky





*Questions?*

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SOURCES:

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