

Inflammation & the Athlete: Dietary Tips

Exercise, in particular intense and/or high volume training, is a **stressor** on the body. A certain amount of inflammation created by this process is necessary to adapt to training and improve performance; however, excessive inflammation can lead to poor recovery and increased risk of illness. Additionally, inflammation may also be occurring around an injury site. **Including certain foods in your daily diet can help manage this inflammation.**

Foods that Fight Inflammation



Vegetables

Any kind, just choose a variety. The more the merrier!



Berries

All fruits are great, but berries are particularly high in antioxidants.



Turmeric

Add this spice to a smoothie or cooked dish.



Nuts & Seeds

Rich in antioxidants - aim for a variety! Just be mindful of portions.



Fatty Fish

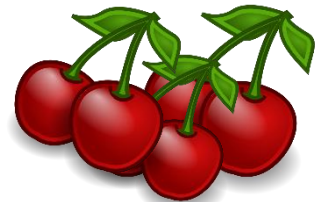
Salmon, mackerel, tuna, sardines – all loaded with anti-inflammatory omega-3 fats.



Avocado

Great source of unsaturated fat. Add some to a smoothie!

Did you know...



Consuming 8 oz of tart cherry juice two times per day in the week leading up to and through the day after an endurance race reduces the risk of post-race upper respiratory infections and decreases inflammation.