

EAT WELL TO FIGHT INFLAMMATION



Inflammation (swelling, painful joints) is part of your body's response to an injury or invaders like bacteria. Eating foods with anti-inflammatory properties helps relieve acute and chronic inflammation.



– Morgan Charlow, MS, ATC, CEAS
Industrial Injury Prevention Specialist

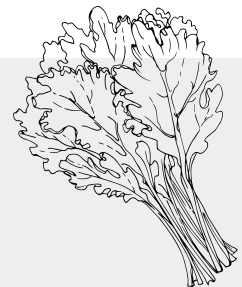


1

REDUCE INTAKE OF REFINED CARBOHYDRATES SUCH AS WHITE BREAD AND PASTRIES, FRIED FOODS WITH SATURATED FAT, PROCESSED MEATS HIGH IN SODIUM, MARGARINE AND OTHER BUTTER SUBSTITUTES, CANDY AND SUGAR-SWEETENED BEVERAGES.

2

EAT MORE "SUPER FOODS" SUCH AS AVOCADOS AND TOMATOES, CRUCIFEROUS AND GREEN LEAFY VEGETABLES, NUTS, FATTY FISH, BEANS AND LENTILS, AND FRUITS INCLUDING BERRIES, CHERRIES AND ORANGES.



3

COOK WITH HEALTHY OILS SUCH AS OLIVE OR AVOCADO OIL, DRINK A VARIETY OF HERBAL AND GREEN TEAS, AND FLAVOR FOODS WITH POWERFUL SPICES SUCH AS TURMERIC, WHICH IS RICH IN PHYTONUTRIENTS.



Our Specialists

WorkCare's Industrial Injury Prevention Specialists have training in sports medicine, ergonomics, musculoskeletal assessment, workplace safety and wellness programs. They work onsite and provide virtual consultations in all types of settings to help protect and promote employee health.

Prevention Saves

Employers using WorkCare's Industrial Athlete Program experience 4-to-1 average cost savings with high employee satisfaction ratings and favorable fitness-for-work results.

WorkCare, Inc., is a U.S.-based occupational health, wellness and absence management company. Be Your Best Self! is our periodic injury prevention tip sheet. To learn more: 800.455.6155 • info@workcare.com • www.workcare.com