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Self-Care | Made Simple – Eat Well

Self-care does not have to be complicated, but it should include actions that promote your physical, mental, and emotional health. “Self-Care | Made Simple” offers practical tips – easy, actionable steps you can take to enhance your wellbeing. This month’s focus is to “Eat Well” with this tip: **Support your body with anti-inflammatory foods.**

Inflammation is a natural part of how the body heals and protects itself, but chronic inflammation can contribute to fatigue, joint discomfort, digestive issues, and other health concerns. What you eat can play an important role in helping your body manage inflammation and feel its best.

Why Anti-Inflammatory Foods Matter

Highly processed foods, excess sugar, and unhealthy fats can promote inflammation over time. On the other hand, nutrient-dense foods rich in antioxidants, fiber, and healthy fats help support the body’s natural inflammatory response. Choosing these foods regularly can help support steady energy, heart health, digestion, and overall wellbeing.

Simple Ways to Eat an Anti-Inflammatory Diet

You don’t need a strict plan to eat this way. Small, intentional choices can make a meaningful impact:

- **Fill your plate with color.** Fruits and vegetables like berries, leafy greens, tomatoes, and peppers provide antioxidants that help fight inflammation.
- **Choose healthy fats.** Olive oil, nuts, seeds, and avocado support heart health and help reduce inflammation.
- **Include lean proteins.** Fish, beans, lentils, and poultry provide nourishment without excess saturated fat.
- **Opt for whole grains.** Foods like oats, quinoa, and brown rice offer fiber that supports gut health.
- **Use herbs and spices.** Turmeric, ginger, garlic, and cinnamon add flavor while offering anti-inflammatory benefits.

Eating well isn’t about perfection—it’s about consistency. By focusing on whole, nourishing foods and making small changes over time, you can support how your body feels today and in the long term.