

LIMIT FOODS THAT EXACERBATE THE INFLAMMATORY RESPONSE

Inflammation is a normal response to exercise and injury, but *CHRONIC* inflammation affects the whole body which can cause muscle damage *and* delay recovery.

The following foods and ingredients are known to intensify the inflammatory response and should be ingested in limited amounts:

SATURATED FATS



Foods high in saturated fats include whipped cream, pastries, fatty meats, processed meats, desserts, full cream milk, butter, and chocolate.

REFINED SUGARS



Foods high in refined sugars include white breads and pastas, fizzy drinks, baked goods, sauces and white and brown sugar.

FAST FOODS



EXCESSIVE ALCOHOL



PROCESSED SNACKS

