A healthy diet filled with foods that help reduce inflammation can lower your risk for cancer and other diseases.

**Anti-inflammatoryary foods**

- **Omega 3 fats**
  - salmon
  - walnuts
  - olive oil

- **Vitamin C & E**
  - broccoli
  - nuts
  - leafy greens
  - oranges

- **Prebiotic foods**
  - onions
  - sweet potatoes
  - garlic

- **Probiotic foods**
  - yogurt
  - sauerkraut
  - kombucha

**Inflammatory foods**

- **Trans fats** - French fries, doughnuts, margarine, frosting
- **Saturated fats** - meat, cheese and coconut oil
- **Refined carbohydrates** - soda, cake, white bread
- **Red & processed meat** - steak, hotdogs, lunch meat