

# Supplements Healthline Best Nutritional Guides

## **GUT HEALTH**

### **Good And Bad Inflammation**

*The article discusses the impact of food on gut health and inflammation. It explains that while some inflammation is a natural immune response, chronic inflammation caused by specific foods can lead to various diseases. The article lists foods that fight inflammation such as fruits, vegetables, nuts, seeds, and healthy fats, as well as those that cause gut inflammation, including refined carbohydrates, processed oils and sugary beverages. It also suggests other ways to control gut inflammation, such as taking probiotics, reducing stress, avoiding smoking, and getting sufficient sleep.*

Inflammation is good when it occurs as an immune response to the body's natural way of protecting itself against diseases and injuries thereby stimulating healing.

However, chronic inflammatory response as a result of specific consumed foods increases risk to various diseases, majority affecting the digestive system, heart related diseases and diabetes.

Foods significantly affect gut inflammatory response, **the foods we eat influence the types of bacteria that populate our gut and their chemical by products. some foods encourage growth of bacteria that stimulate gut inflammation, while others promote the growth of bacteria that suppress it.**

Its thus important knowing food that have anti-inflammatory properties and those that harm our gut

# Foods that fight inflammation

- **Most fruits and brightly colored vegetables** naturally contain **high levels of antioxidants and polyphenols**. **Polyphenols are potentially protective compounds found in plants. Examples:** broccoli, kale, bell peppers, Brussels sprouts, cabbage, Carrots, Cucumber, Garlic, organically grown tomatoes, eggplant, leeks, lettuce, mushrooms, radishes, squash, Swiss chard, collard greens, turnips, and zucchini. and cauliflower, blueberries, pomegranates, grapes, and cherries, Apples, Bananas, Oranges
- **Nuts and seeds**. Like almonds and other nuts
- **Fatty fruits** such as olives and avocados
- **healthy fats** like olive and avocado oils
- **Green tea** - its rich in both polyphenols and antioxidants.
- **Mediterranean diet** – this diet **encourages** people to consume **more fruits, vegetables, whole grains, healthy fats and legumes**, while **discouraging alcohol intake, processed and refined foods**

# Foods That Cause Gut Inflammation

- **Refined carbohydrates** – **All types of refined carbs** - Refined carbohydrates are carbs that have undergone processing.
- **Processed seeds** and **vegetable oils**
- **sugary beverages**, such as sugar-sweetened drinks
- **Beverages: alcohol** and **carbonated beverages**,
- **desserts** - such as cookies, candy and ice cream
- **Processed Meat:** like hot dogs and sausages

# Other Ways you can Control Gut inflammation

- **Taking Probiotics** – **Probiotics** contain beneficial bacteria that are naturally present in fermented foods.
- **Reduce stress** - Activities like meditation or yoga can help
- **Avoid smoking** - Smoking is a risk factor to many gut diseases.
- **Getting Sufficient sleep** - When you don't get enough sleep, your immune system's cells go into overdrive. They produce proteins known as pro-inflammatory cytokines that increase tissue inflammation throughout the body — including the gut

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