

Studies connect diabetes and heart disease with dementia. Both that and another can develop with chronic inflammation in the body. This is what food can provoke this inflammation.

**Added sugar.** Its excess increases the risk of obesity, diabetes, and heart disease. In addition, added sugar can be hidden under many names. Some of them are dextra, corn syrup with a high content of fructose and Maltose.

**Processed meat.** In most meat products like bacon, hot dogs, pepperoni, delicious cutting there are a lot of salt, synthetic nitrates, saturated fats. This can damage the cells over time.

**Ultra -processed products.** In them, to increase the expiration date, artificial dyes, flavors and preservatives are added, as well as large quantities contain fats, sugar, sodium. Any of these substances can lead to inflammation.

**Refined carbohydrates.** We are talking about white bread, white pasta, white rice. If possible, choose whole grain products and products instead of them, which consist of 100% whole grain. You can also get complex carbohydrates from beans, peas, battles and other starchy vegetables.



Saber Health Group

**Too many omega-6.** The imbalance of Omega-3 and Omega-6 in the body can cause mild systematic inflammation in the body. In this case, consume more whole products, try to get more omega-3 from fat fish, walnuts, flax seeds and chia every week. More often use avocado, walnut, linseed seed oils, peanuts, corn and rapeseed.

**Transir.** For the body, they are even more harmful than saturated. Therefore, avoid products that include “hydrogenized” or “partially hydrogenized” oils. Also, trans fats are found in kind in some vegetable oils, which are used to cook fried food and fast food.

**Alcohol.** Experts in health and nutrition recommend women to consume no more than one standard portion of alcohol per day, and men are no more than two. The size of the standard portion varies depending on the type of alcohol.

**Artificial sweeteners.** Some studies show that these sweeteners can cause inflammation. Minimize their consumption or choose such as stevia or allulose.

Processed meat and other worst products that will cause  
inflammation

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