

Berries and not only: these anti-inflammatory products are useful for women over 50 years of age

After 50 years, care for the brain and body becomes even more important than before. Some changes in the diet can help in this. Here's what nutrition experts recommend adding to 50+ to their diet.

Berries. Blueberries, blackberries, raspberries, strawberries contain many antioxidants that reduce inflammation and contribute to healthy aging. They are also considered the key component of the Mind diet (power mode, which is designed for the prevention of dementia and other forms of reducing cognitive abilities).

Beans. It includes compounds of peptides, polyphenols and saponins. All of them are distinguished by anti-inflammatory action. One cup of black beans gives the body about 50% of the daily fiber.

Dark green leafy vegetables. They are rich in nutrients that reduce the level of oxidative stress and relieve inflammation. This was said by Sima Shah, Master of Public Health, Master of Sciences, a registered nutritionist.



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Salmon. It is rich in omega-3 fatty acids, which are distinguished by anti-inflammatory properties. One or two portions of fat fish per week can maintain heart health, reduce the stiffness associated with arthritis, and help in maintaining the brain. In addition, from salmon you can get a lot of high-quality protein and vitamin D.

Nuts. There are a lot of antioxidants and nutrients useful for the heart. Thanks to this, they reduce the risk of developing cardiovascular diseases. Especially help in reducing inflammation of almonds and walnuts, and in reducing oxidative stress – Brazilian nuts.

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