

Inflammation Blood Test Provider Reveals 7 Foods that Cause Inflammation

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Choose Health, a provider of an at-home health tracking service monitoring key markers of internal health, has recently published a blog post that reveals 7 foods that cause inflammation. It should be pointed out that inflammation is a natural response of the body to combat infection. The presence of inflammation also means that the body is repairing or healing tissue. Furthermore, the accompanying symptoms of inflammation, such as fever and swelling, indicate that the immune system is working properly.

However, if inflammation persists, it becomes chronic inflammation, which can have negative effects on the body. It can also lead to various kinds of health problems, such as: obesity, cardiovascular disease, cancer, and type 2 diabetes. Meanwhile, the seven foods that can cause inflammation are: sugar, refined carbohydrates, excessive alcohol, trans fats, red meat, processed meats, and vegetable and seed oils.

Sugar is a commonly added to various kinds of foods and the type of sugar often used is white sugar and high fructose corn syrup (HFCS). These kinds of sugar are often used in desserts, sweets, and even in

certain recipes. Sugar is often added to processed foods to enhance their shelf life. With sugar included in many foods, it is no wonder that many people are actually eating too much sugar. Studies have shown that levels of C reactive protein, a marker for inflammation, increased in people who drank beverages with either moderate or high amounts of fructose or glucose daily for a span of three weeks.

To avoid inflammation caused by sugar, it may be a good idea to always check the ingredients of foods, especially those that a person tends to eat more often. It is also important to note that sugar may be listed in the ingredients using other names, such as: corn syrup, cane juice, molasses, syrup, sucrose, and fructose.

Meanwhile, it should be noted that fruits and vegetables don?t cause inflammation despite containing sugar. This is because there is only a small amount of fructose in fruits and vegetables. In addition, they contain antioxidants and fiber that combat inflammation.

Refined carbohydrates are found in white rice, white bread, pastries, white pasta, and cereal. They have been refined, which means their nutrients have been removed during the process, to enhance mouthfeel and extend their shelf life. Thus, they lack fiber and other nutrients. A diet that contains a lot of refined carbohydrates has been found to be linked to obesity, high blood sugar, and harmful gut bacteria, which also result into inflammation.

With regards to alcohol, studies have shown that low to moderate alcohol intake can be good for health but excessive alcohol can damage the body. The liver is tasked with detoxifying the body but if there?s too much alcohol, it is over burdened and becomes inflamed. If this occurs often, there is chronic inflammation of the liver, including the intestines. This may result into alcoholic liver disease and other inflammatory diseases like bone disease, altered immune regulation, and cardiovascular disease. The inflamed intestines results into harmful microbiota that may result into bowel disorders.

Trans fats are artificial ingredients often added to processed foods to prolong their shelf life. They are usually listed in the label as ?partially hydrogenated oils.? Studies have shown that consumption of trans fats increased the level of C reactive proteins, which are markers of inflammation. Foods that usually contain trans fat include: microwave popcorn, snack cakes, margarine, and fast food.

Red meats such as pork, beef and lamb contain saturated fat, which has been shown in studies to cause inflammation. In one study, saturated fatty acids consumption resulted in inflammation in the hypothalamus, triggering resistance to leptin and insulin, which caused a disruption in the ability to regulate metabolism and appetite.

Processed meats contain a lot of additives, including nitrates and advanced glycation end products (AGEs). Studies have shown that AGEs can cause inflammation, particularly in the colon, and may even be linked to

cancer.

And finally, vegetable and seed oils contain high levels of omega-6 fatty acids. In small quantities, these polyunsaturated fats (PUFAs) are good for the body. However, if there?s too much PUFAs in the body, they can cause an inflammatory response.

People who would like the learn more about at-home testing of important markers, including an inflammation blood test, can check out the Choose Health website, or contact them through the telephone or via email.

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Choose Health

At-home finger-prick blood health test for key markers like inflammation, insulin sensitivity, cholesterol & avg blood sugar to track your long-term health.

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