



Can nutrition reduce inflammation?

Yes, nutrition can impact the inflammatory response in the body. Try to include mostly whole foods like: whole grains, leafy vegetables, fish, dark-yellow vegetables, coconut oil, turmeric and ginger in your cooking to help reduce inflammation. Try to avoid processed foods with added sugars and hydrogenated oils.



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Cara has provided individual nutrition counseling for a wide range of athletes, from competitive to recreational. Originally from Winnipeg, Cara graduated from the University of Manitoba (BSc, Human Nutritional Sciences, 2005) and went on to complete a combined dietetic internship and Master of Applied Nutrition degree at the University of Guelph (2006). Cara is a provider for the Canadian Sports Centre and Cara is committed to educating people about optimal nutrition.