inflammatory index, it has a long history in traditional holistic medicine. It is often available in powder form and can be easily added to many liquid foods/drinks such as soups, sauces, coffee, tea, and smoothies. Turmeric supplements are widely available, but not as well absorbed by the body as food sources. According to **Johns Hopkins Medicine**, the amount found in supplements can interfere with certain medications and is especially risky in combination with certain chemotherapy drugs.

Fiber

The nutrient source of healthy gut bacteria. Feeding healthy gut bacteria helps to lower inflammation and may contribute to weight loss. The daily recommended fiber intake for women and men is around 25g and 38g, respectively, but some studies have found that even five additional grams of fiber daily can be helpful. High-fiber sources include chia seeds, lentils, chickpeas, Brussels sprouts, oranges, and soybeans. Also, eating the skin of fruits and vegetables can add more fiber to one's diet.

Polyphenols

This group of compounds gives many plant foods their health benefits. Foods plentiful in polyphenols include coffee, cacao/chocolate, legumes, and red wine/grapes. Certain polyphenols (such as flavanols, flavones, and flavanones, found mainly in tea, herbs, olive oil, tomatoes, potatoes, spices, citrus fruits, nuts, beans, and apples) have also been associated with weight loss. Another common polyphenol found in berries (called ellagic acid) can even help reduce skin wrinkles from radiation and control blood pressure and cholesterol.

Beta carotene

Common foods that contain beta-carotene include spinach, kale, cantaloupe, oranges, and blackcurrant juice. Easy ways to consume these foods are to blend them into juices or add them to salads.

Magnesium

This mineral is generally found in seeds, such as pumpkin or chia, which can be mixed into cereal or salads. Other sources include nuts, beans, and whole grains.

Ginger, garlic, onions