

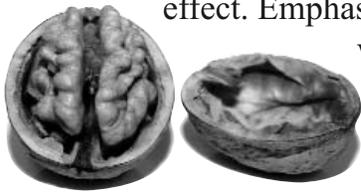
Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.

Battle Inflammation with Food

Although inflammation is the body's helpful response to protect or recover from injury or illness, chronic inflammation is a lingering state caused by disease, stress, diet, smoking, etc. Managing chronic inflammation may reduce symptoms of pain and swelling, and potentially decrease the risk of developing other major diseases such as cancer, heart disease, arthritis, Alzheimer's or depression.

Foods that can Reduce Inflammation

Researchers are still learning about the link between inflammation and diet, but a balanced, healthful diet may have an anti-inflammatory effect. Emphasize a daily variety of fruits and vegetables, which contain phytochemicals that can protect against inflammation. Add a few servings each week of healthy fats (omega-3's), from sources such as salmon, walnuts or chia seeds. Be sure to choose whole grains more often. Brown rice is widely available, but you can also experiment with alternative whole grains such as quinoa, farro or bulgur for variety.



Alternatives for Foods that Promote Inflammation

On the other hand, certain foods can increase inflammation. Reduce or eliminate many saturated fats, trans fats and processed foods easily:

- Choose fish or vegetarian meals over red meat (try hummus instead of ham on a sandwich, or grilled fish on a whole wheat bun instead of a hamburger)
- Replace mayonnaise with sliced avocado
- Snack on air-popped popcorn instead of chips
- Try fruit or a small piece of dark chocolate for dessert
- Trade soda for unsweetened sparkling water
- Bake or grill foods instead of frying



Dining Centers & Days of Service Call for Lunch Reservations

LINN COUNTY

Albany Senior Center

Monday - Friday (541) 967-7647

Brownsville Christian Church

Tues. & Thurs. (541) 466-5015

Lebanon Senior Center

Monday - Friday (541) 451-1139

Mill City, First Presbyterian

Tues. & Thurs. (503) 897-2204

Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

BENTON COUNTY

Corvallis Senior Center

Monday - Friday (541) 753-1022

LINCOLN COUNTY

Lincoln City Community Center

Mon., Wed., Fri. (541) 994-7731

Newport Senior Center

Mon., Wed., Fri. (541) 574-0669

Siletz, Tribal Community Center

Mon. & Wed. (541) 270-6853

Toledo, Trinity United Methodist

Friday (541) 270-7416

Waldport, South County Sr. Center

Mon., Wed., Fri (541) 563-8796