

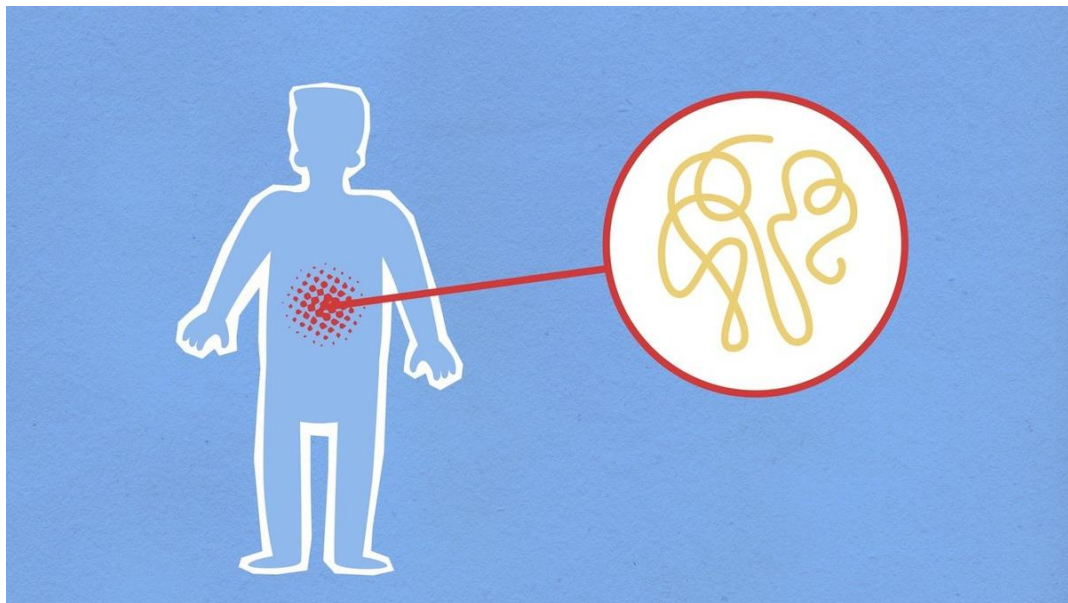
# 一年四季抗炎食物有哪些？春天适合多吃这些果蔬

## Anti-inflammatory food superstars for every season

发炎是人体免疫系统的正常反应，但过于频繁或长期发炎会导致疼痛和疾病。好消息是很多食物能帮助抵御这种炎症反应。科学家认为彩色果蔬、全谷物、豆类和健康脂肪具有抗炎作用，持续摄入这些营养物质有益于心脏、大脑、关节的健康。抗炎饮食可以随着季节的变化而变化。春天最适合食用哪些抗炎食物呢？一起来看看一年四季的“明星抗炎食品”吧。

## Inflammation: How it helps and harms the body

### 炎症：如何帮助和伤害身体



[Ph

oto/pexels]

Inflammation is part of your body's healing mechanism — the reason why your knee swelled and turned red when you injured it. But this inflammatory repair process can sometimes go awry, lasting too long and harming instead of helping. When inflammation is caused by an ongoing problem, it can contribute to health problems. Over time, inflammation stemming from chronic stress, obesity, or an autoimmune disorder may potentially trigger conditions such as arthritis, heart disease, or cancer. It may also harm the brain. Researchers have found a link between higher levels of inflammation inside the brain and an elevated risk for cognitive decline and impairment. Regularly adding anti-inflammatory foods to your diet may help to switch off this process.

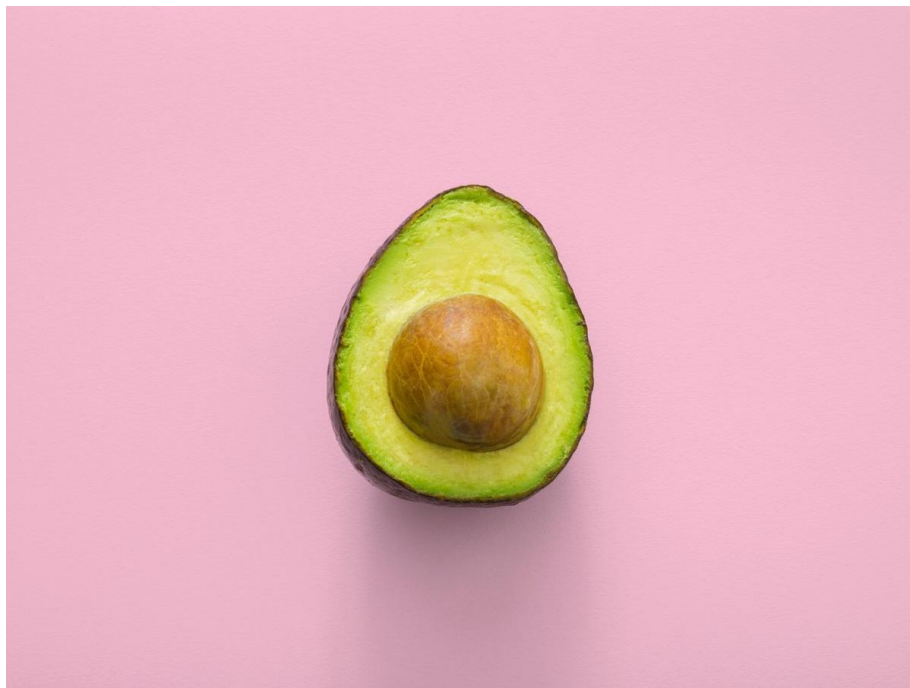
炎症是身体愈合机制的一部分，也是膝盖受伤时变红肿的原因。但是这种炎症修复过程有时会出错，持续时间过长，会造成伤害。当炎症是由持续的问题引起时，可能会导致健康问题。随着时间的推移，慢性压力、肥胖或自身免疫性疾病引起的炎症可能会引发关节炎、心脏病或癌症等疾病。炎症也可能伤害大脑。研究人员发现，大脑内较高水平的炎症与认知能力下降和损伤的风险升高之间存在联系。定期摄入抗炎食物可能有助于阻止这一过程。

Berries and watermelon in the summer, kale and beets in the winter. The recipe for anti-inflammatory foods to enjoy can change with the seasons.

夏天的浆果和西瓜，冬天的羽衣甘蓝和甜菜。抗炎饮食可以随着季节的变化而变化。

### **Spring anti-inflammatory superstars**

#### **春季抗炎食物**



[Photo/Pexels]

When the spring months arrive, look for asparagus, apricots, avocados, carrots, mushrooms, and celery.

当春天来临时，可以吃芦笋、杏、牛油果、胡萝卜、蘑菇和芹菜。

## Summer anti-inflammatory superstars

### 夏季抗炎食物



[Photo/Pexels]

Summer is prime time for many types of produce, and you' ll have lots of choices. Berries are a great anti-inflammatory option. Try different varieties of blueberries, blackberries, and strawberries. Also reach for cherries, eggplant, zucchini, watermelon, green beans, honeydew melon, okra, peaches, and plums.

夏天是多种农产品的黄金季节, 你的选择很丰富。浆果是优质抗炎食物。可以选择不同种类的蓝莓、黑莓和草莓。还可以吃樱桃、茄子、西葫芦、西瓜、青豆、蜜瓜、秋葵、桃子和李子。

## Fall anti-inflammatory superstars

### 秋季抗炎超级明星



[Photo/Pexels]

Nothing says fall like a crisp, crunchy apple. But there are a host of other anti-inflammatory foods to try as well, such as cabbage, cauliflower, garlic, peas, ginger, and all types of lettuce.

提到秋天就想到嘎嘣儿脆的苹果。但除此之外也有很多其他抗炎食品可以尝试，比如卷心菜、花椰菜、大蒜、豌豆、生姜和各种生菜。

## Winter anti-inflammatory superstars

### 冬季抗炎超级明星





[Photo/Pexels]

In the cold winter months, think green. Many green leafy vegetables star during this season, including kale, collard greens, and swiss chard. Root vegetables like beets are another great and hardy winter option. Reach for sweet potatoes and turnips. Other options to try are kiwi fruit, lemons, oranges, and pineapple.

在寒冷的冬天，考虑绿色食物。许多绿叶蔬菜在这个季节都很受欢迎，包括羽衣甘蓝和瑞士甜菜。甜菜等根茎类蔬菜也是不错且耐寒的冬季选择。也可以吃红薯和芜菁。其他选择包括猕猴桃、柠檬、橙子和菠萝。Whenever possible, when you choose an anti-inflammatory food try to substitute it for a less healthy option. For example, trade a muffin for a fresh-berry fruit salad, or a plate of French fries for a

baked sweet potato. Making small trades in your diet can add up to big health benefits over time.

有可能的话，试着用一种抗炎食物代替不太健康的食物。例如，将一块松饼换成一份新鲜的浆果沙拉，或者将一盘薯条换一份烤红薯。在你的饮食中做一些小的改变，随着时间的推移，会对健康非常有帮助。