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Strawberries Ease Inflammation

The health benefits of strawberries satisfy your sweet tooth while easing inflammation

By Mary Anne Dunkin

Not only are strawberries juicy and delicious, they also may lower blood levels of C-reactive protein (CRP), a signal of inflammation in the body. High CRP levels are associated with an increased risk of heart disease and stroke, and levels often spike when people with rheumatoid arthritis or lupus have a flare, as well.

Researchers at the Harvard School of Public Health studying the value of strawberries found that women who ate 16 or more strawberries per week were 14 percent less likely than non-strawberry eaters to have elevated levels of the protein. These health benefits of strawberries come from fruit that's either fresh or frozen.

Although the study focused on heart disease, Howard Sesso, the study's lead author, says that lowering CRP levels with strawberries may be helpful for arthritis, too. So go ahead – slice them on your cereal, add them to yogurt or enjoy them plain as a snack or dessert.