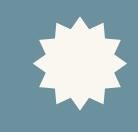
Inflammation and Nutrition

What is Inflammation?

Inflammation is an immune system response. A variety of immune cells activate to attack foreign invaders, create antibodies and remove dead cells.



Acute vs Chronic Inflammation

Acute inflammation is short-lived and usually plays an important role in healing.

Chronic inflammation can last a lifetime and causes harm. It is often associated with chronic diseases such as diabetes, cancer, heart disease, autoimmune disease and certain infections.

Inflammation Myths

- Inflammation is the root cause of most modern illness.
- You know when you are inflamed.
- Controlling chronic inflammation would eliminate most chronic disease.
- Anti-inflammatory diets prevent disease by suppressing inflammation.

Eat More of These...

Whole and minimally processed foods that are high in fiber, healthy fats and phytonutrients: Fruits and vegetables Whole grains Legumes, nuts, seeds Lean animal proteins Fatty fish and olive oil Maybe: cinnamon, ginger, turmeric, dark chocolate, green tea

Eat Less of These...

Ultra-processed foods that are high in sodium, sugar and saturated fat: Fried foods Sweets and desserts Processed meats Prepared foods Most foods eaten out

And don't forget about sleep and physical activity!