

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 protein and plant protein
 - Fatty fish and olive oil
 - Maybe: cinnamon, ginger, turmeric, dark chocolate and 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
- Restaurant and fast food



And don't forget about sleep and physical activity!