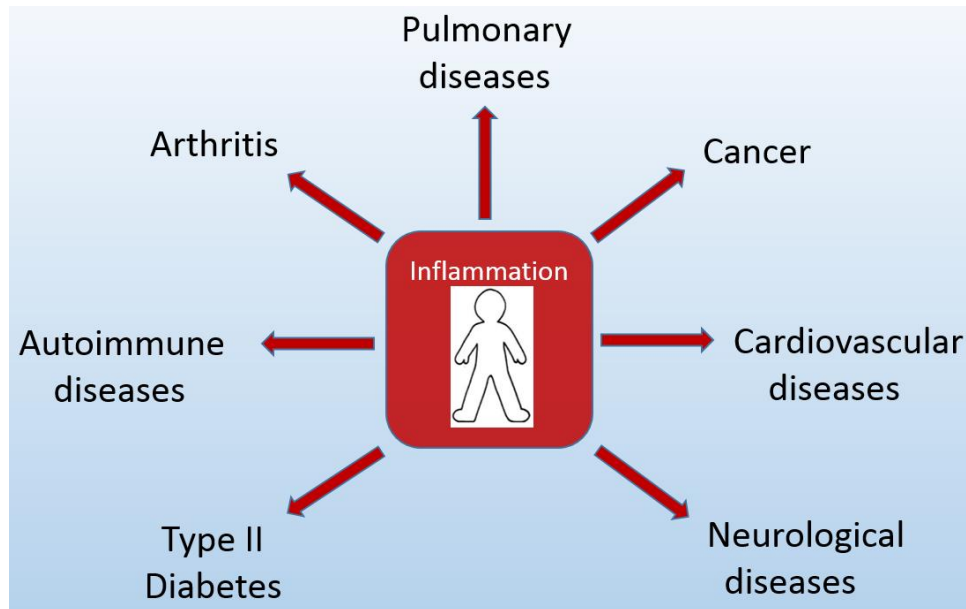


Chronic Inflammation and Diet

The immune system works to protect and defend the body from potentially harmful threats, like bacteria or a virus. What happens when that threat originates from within the body's own tissue? Excess adipose tissue stored in the body is a leading cause of inflammation. Being overweight or obese increases the risk of many chronic disease states like cardiovascular disease or type II diabetes and drives the inflammatory process.



Through diet and exercise, adipose tissue can be controlled therefore reducing the risk of inflammation and subsequent chronic disease. A healthy diet should include foods that are rich in antioxidants and polyphenols which have been shown to fight the inflammatory process. Foods that contain vitamins and minerals like Vitamin C, Vitamin D, Vitamin E, folate, and potassium are imperative in the fight against inflammation. Foods like fruits, vegetables, fish, nuts, and whole grains contain these important vitamins and minerals and can also lead to a healthy waistline, reducing the risk of obesity-related diseases!



Anti-Inflammatory Foods

Choose These!

- Fruits: apples, blackberries, blueberries, cherries, pineapple, pomegranates, raspberries, strawberries
- Vegetables: beets, broccoli, cabbage, carrots, collard greens, kale, mushrooms, onions, spinach, tomatoes
- Whole Grains: barley, brown rice, quinoa, steel-cut oats, wild rice
- Beans/Legumes: black beans, chickpeas, lentils, soybeans
- Healthy Fats: almonds, avocado, extra-virgin olive oil, flaxseed, sunflower seeds, pumpkin seeds, walnuts
- Lean Proteins: eggs (organic/omega-3-enriched), sardines, tuna, wild-caught salmon
- Beverages: black coffee, black tea, green tea, lemon water, tart cherry juice
- Herbs/Spices: basil, cinnamon, curry powder, garlic, ginger, turmeric



Pro-Inflammatory Foods

Limit/Avoid These!

- Soda/Sugar-sweetened beverages
- Fried food
- Red meat
- Processed meat
- Processed baked goods: cookies, pastries
- Refined carbohydrates: white bread, white bagels, sugary cereal



Anti-Inflammatory Example Meal Plan: ~1400 Calories

Breakfast:

¾ cup Oatmeal (cooked)	110 calories
½ cup Blackberries	30 calories
1 tbsp Slivered almonds	80 calories
2 tsp Cinnamon	
8oz Black coffee	



Lunch:

5 cups Raw spinach	35 calories
½ cup Black beans	110 calories
1 cup Grape tomatoes	100 calories
1 tbsp Sunflower seeds	42 calories
2 tbsp Extra-virgin olive oil + 1 tbsp lemon juice + ½ tsp Turmeric	130 calories
8oz Green tea	



Afternoon Snack:

4 tbsp Garlic hummus	140 calories
1 Medium bell pepper	25 calories

Dinner:

6oz Wild caught salmon fillet	230 calories
½ cup Quinoa (cooked)	110 calories
2 cups Steamed broccoli	48 calories
1 tbsp Basil pesto	50 calories



Evening Snack:

1 oz Dark chocolate (70% cacao)	170 calories
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Anti-Inflammatory Recipes

Lentil and Sweet Potato Stew

2 teaspoons olive oil
1 yellow onion, finely diced
1 stalk celery, diced
1 carrot, peeled and finely diced
2 cloves garlic, minced
½ teaspoon sea salt
¼ teaspoon fresh ground black pepper
2 cups dry green lentils, picked over
1 large sweet potato, peeled and cubed
2 bay leaves
4 cups low-sodium vegetable broth
2 cups water
2 plum tomatoes, seeded and diced
1/4 cup chopped fresh Italian parsley

In a large, heavy-bottomed pot, heat oil on medium heat. Add onion, celery, carrot and garlic and sauté, stirring occasionally, until softened, 3 to 4 minutes. Add salt, pepper, lentils, potato, bay leaves, broth and 2 cups water; stir to combine. Bring to a simmer and cook until lentils and potatoes are tender, approximately 20 minutes, or until time listed on lentil package. Remove from heat and stir in tomatoes and parsley. Remove bay leaves and divide stew among serving bowls.

Makes 8 serving. Serving size equals 1 cup. Each serving counts as ½ protein, 1 starch, and low starch vegetables.

Nutrition Analysis per serving:

Calories:	200
Fat:	2.5 grams
Saturated Fat:	0 grams
Trans Fat:	0 grams
Cholesterol:	0 milligrams
Sodium:	270 milligrams
Carbohydrate:	36 grams
Fiber:	9 grams
Sugar:	5 grams
Protein:	11 grams

Recipe adapted from: Clean Eating Magazine

Orange Waldorf

3 oranges, peeled and sliced
Zest of one orange
1 apple, cored and sliced
¼ cup nonfat vanilla yogurt
2 tablespoons chopped walnuts

Combine oranges, apples and yogurt in medium-sized mixing bowl. Stir well and serve in four individual bowls or on small plates. Top each with ½ tablespoon of chopped walnuts. Optional garnish: shredded lettuce served underneath the salad.

Makes 4 servings. Serving size equals ¾ cup. Each serving counts as 1 fruit.

Nutrition Analysis per Serving:

Calories:	100
Fat:	2 grams
Saturated Fat:	0 grams
Trans Fat:	0 grams
Cholesterol:	0 milligrams
Sodium:	10 milligrams
Carbohydrates:	19 grams
Fiber:	3 grams
Sugar:	14 grams
Protein:	3 grams

Recipe adapted from Food & Health Communications, Inc. 1998.