

guide to reducing inflammation

What is inflammation?

Inflammation is the result of your immune system's response to an injury, illness or stress. It can affect many processes within your body.

What causes inflammation?

Inflammation can have several causes. Infection, injury, illnesses (including autoimmune diseases) and environmental factors can all cause inflammation.

Lifestyle factors such as smoking, lack of physical activity, obesity, stress and poor diet choices can also cause chronic inflammation. Inflammation is most commonly diagnosed through blood tests.

Why is inflammation a problem?

Inflammation is a normal process in your body and can be beneficial in the short term. Inflammation is needed to help you recover from everyday injuries or stresses, such as a cut or a cold. However, long-term, or chronic inflammation can be harmful. Chronic inflammation can cause damage to the body and may increase the risk for certain health conditions, like obesity, cancer, stroke and heart disease.

Chronic inflammation

Chronic inflammation occurs when inflammation lasts for an extended period of time, anywhere from several months to years. Symptoms of chronic inflammation may include the following:

Symptoms

- Fatigue
- Pain
- Fever
- Weight changes
- Gastrointestinal issues
- Frequent infections
- Mood changes, anxiety

Lifestyle changes to reduce inflammation

The following lifestyle changes may help to reduce inflammation:

- Quitting smoking
- Eating a healthy diet
- Adding physical activity into your daily routine
- Getting enough sleep
- Maintaining a healthy weight
- Managing stress

Talk to your doctor or a registered dietitian if you think inflammation may be impacting your health. See the reverse side to learn more about different foods that can affect inflammation.

foods that may fight inflammation



Fruits and Vegetables

Dark green leafy vegetables, berries, broccoli, avocados, peppers, mushrooms, grapes, tomatoes, cherries, oranges and beans



Healthy Fats

Extra-virgin olive oil, fatty fish, nuts, such as walnuts, chia seeds and flax seeds



Whole Grains

Brown rice, old fashioned oats, quinoa, and whole wheat products (bread, crackers, pasta)



Spices/Other

Turmeric, garlic, cinnamon, ginger and green tea

Reduce these foods to help lower inflammation:

- Refined carbohydrates, such as white bread, pasta, white rice, crackers and pretzels
- Fried foods
- Red meat and processed meats (bacon, sausage, hot dogs, bologna and salami)
- Excessive alcohol
- Added sugar and high fructose corn syrup in foods, such as sweets and processed foods
- Sugar sweetened beverages like soda, sweet tea, energy drinks or sports drinks
- *Trans* fats

References:

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