



# EATING 101

## RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

### The **Inflammation** Correlation

Whether you are suffering from a sprained ankle, a nagging cold, or even stress, we have all experienced inflammation-- the body's natural immune response to injury or infection. *Acute* (short term) inflammation can be beneficial by helping your body fight illness and stimulate healing. However, if *acute* inflammation is not resolved, it can continue over time and become *chronic* (long term) inflammation. *Chronic* inflammation has been linked to diseases such as cancer, heart disease, arthritis, diabetes, and depression. Potential causes or risk factors associated with *chronic* inflammation may include: obesity, poor diet (high in: saturated fat, trans fat, refined sugar), smoking, physical and emotional stress, and sleep disorders. Fortunately, studies have shown that a healthy diet can have anti-inflammatory effects. Read below to learn how certain foods can help combat chronic inflammation.

Out with the Old



Refined Carbohydrates



Fried Foods



Added Sugar



Red/Processed Meat



Excessive Alcohol

*It is no surprise that the same foods generally considered unhealthy are also foods that have been shown to promote chronic inflammation.*



Berries



Green Tea



Olive Oil



Nuts



Ginger



Fatty Fish

In with the New

*These foods and beverages contain polyphenols and antioxidants, protective compounds in plants that can help to lower chronic inflammation in the body.*

### Use This Information to Prevent (Chronic) Inflammation

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References: Harvard Health. *Foods That Fight Inflammation*. Available at: <https://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>. Accessed on 1/25/19. Galland, Leo. *Diet and Inflammation*. Available at: <https://onlinelibrary.wiley.com/doi/abs/10.1177/0884533610385703>. Accessed on 1/25/19. Pahwa R. *Chronic Inflammation*. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK493173/>. Accessed on 2/4/19.

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