



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

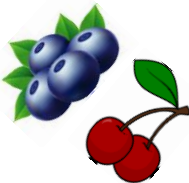


Red/Processed Meat



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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