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.*

In with the New

- Berries
- Green Tea
- Olive Oil
- Nuts
- Ginger
- Fatty Fish

*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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