

# Anti-inflammatory diet

Many foods and nutrients can affect inflammatory pathways and, therefore, impact levels of inflammation in the body. The anti-inflammatory diet targets chronic inflammation by incorporating an abundance of anti-inflammatory foods and nutrients while moderating or restricting the intake of potentially pro-inflammatory foods.

## What is inflammation?

Inflammation, a crucial biological process regulated by our innate immune system, involves a balance between pro-inflammatory and anti-inflammatory mechanisms that allow our bodies to repair and recover. Chronic or “silent” inflammation, in which the pro-inflammatory response persists at a low level below the pain threshold, has been associated with several chronic health conditions, such as cardiovascular disease, inflammatory bowel conditions, arthritis, cancer, and diabetes.

## How the anti-inflammatory diet works

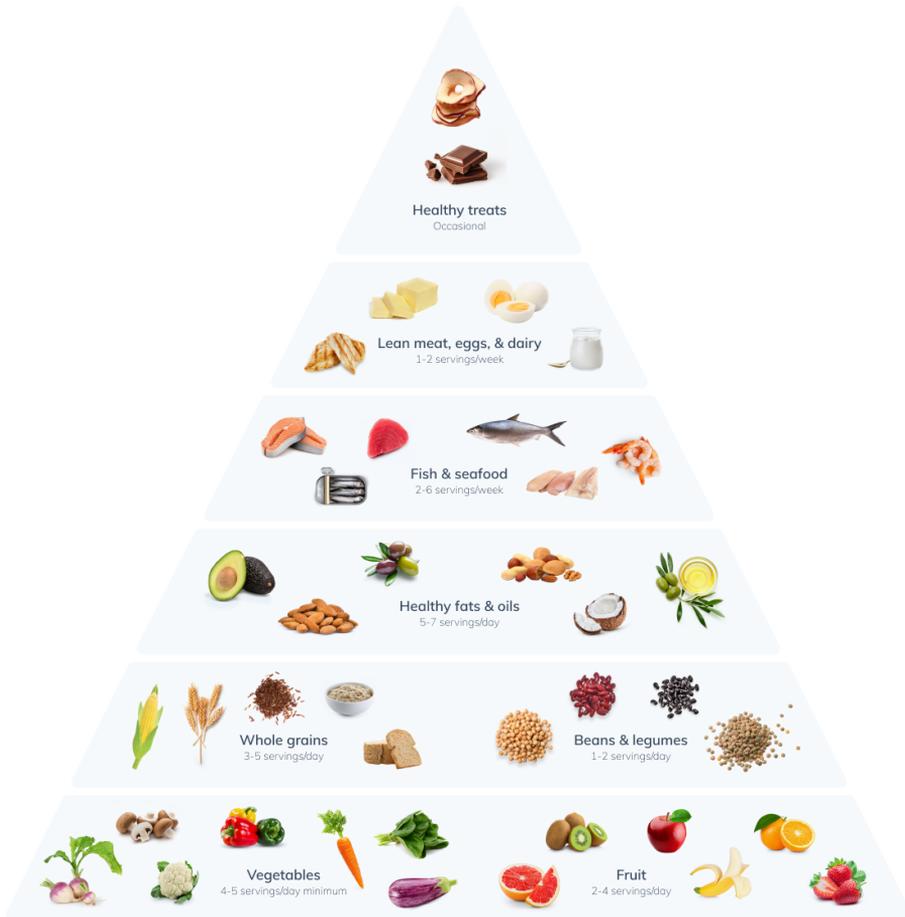
- Balancing levels of omega-3 to omega-6 fatty acids
- Increasing anti-inflammatory foods and nutrients, including omega-3 fatty acids and phytonutrient-rich plant-based foods such as vegetables, fruits, nuts, and whole grains
- Maintaining a stable glycemic (blood sugar) response
- Restricting pro-inflammatory foods, including processed foods, refined carbohydrates, trans fats, and excess saturated fat and vegetable oils
- Supporting gut microbiota health and, thereby, regulating immune function



# Health benefits of the anti-inflammatory diet

- Risk reduction and management of chronic diseases (e.g., cardiovascular disease, metabolic syndrome, diabetes, obesity)
- Reduction in inflammatory markers (e.g., C-reactive protein (CRP), tumor necrosis factor- $\alpha$  (TNF- $\alpha$ ))

## Following the anti-inflammatory diet



## Anti-inflammatory food pyramid

## References

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This handout was developed and medically reviewed by Fullscript's Integrative Medical Advisory team.  
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