Healthy Habits Webinar Series – Week 2

Reducing Inflammation and Chronic Disease Risk Through Nutrition

A Guide to Anti-Inflammatory Eating

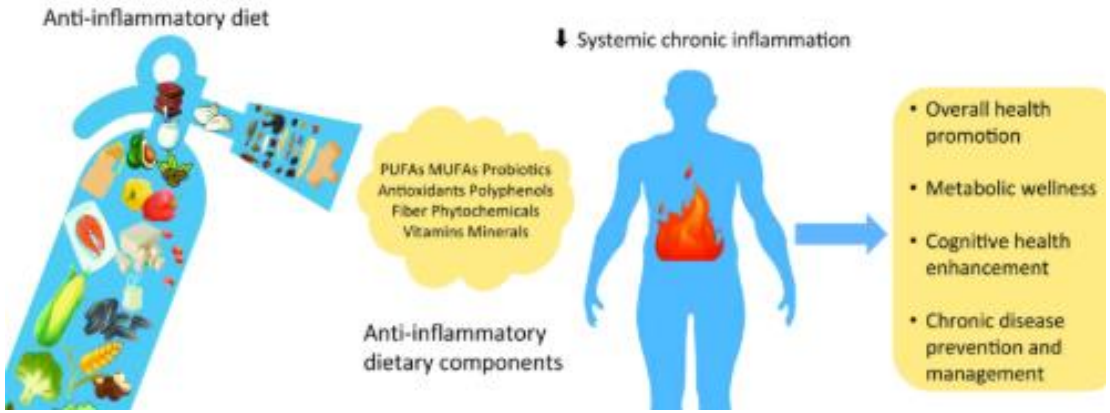
Agenda

- Why Focus on Inflammation?
- Foods to Consume
- Foods to Avoid
- Benefits of Anti-Inflammatory Eating
- Practical Tips for Anti- Inflammatory Eating
- Conclusion

Why Focus on Inflammation?

Chronic inflammation is linked to diseases like diabetes, heart disease, and arthritis

Nutrition plays a key role in reducing inflammation and promoting overall health



Foods to Consume

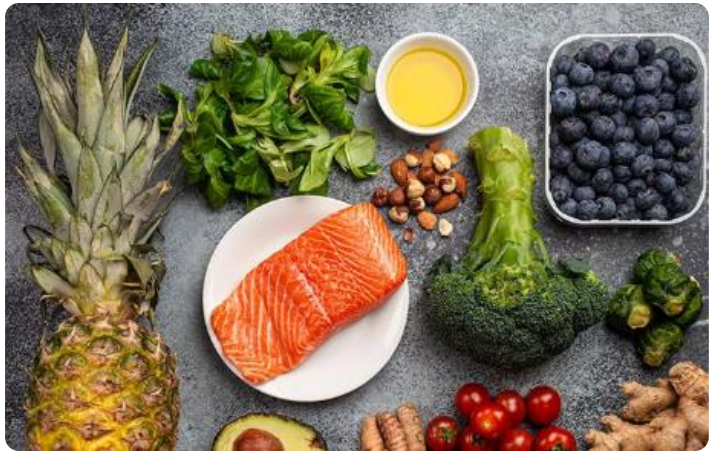
1. Fruits and Vegetables
- Rich in antioxidants and polyphenols (e.g., berries, spinach, kale, broccoli)
- Brightly colored produce fights free radicals and reduces inflammation

2. Omega-3 Fatty Acids
- Found in fatty fish like salmon, sardines, and mackerel
- Reduces C-reactive protein (CRP) and interleukin-6 levels

3. Healthy Fats
- Olive oil and avocado oil contain anti-inflammatory monounsaturated fats

4. Nuts and Seeds
- Almonds, walnuts, chia, and flax seeds provide anti-inflammatory nutrients

5. Spices
- Turmeric (curcumin), ginger, and cinnamon have strong anti-inflammatory properties



Foods to Avoid

1. Processed Foods
- High in trans fats and added sugars; worsens inflammation

2. Refined Carbohydrates
- White bread, pastries, and sugary cereals spike blood sugar and promote inflammation

3. Saturated Fats
- Found in red meat, full-fat dairy, and fried foods; linked to higher inflammation markers

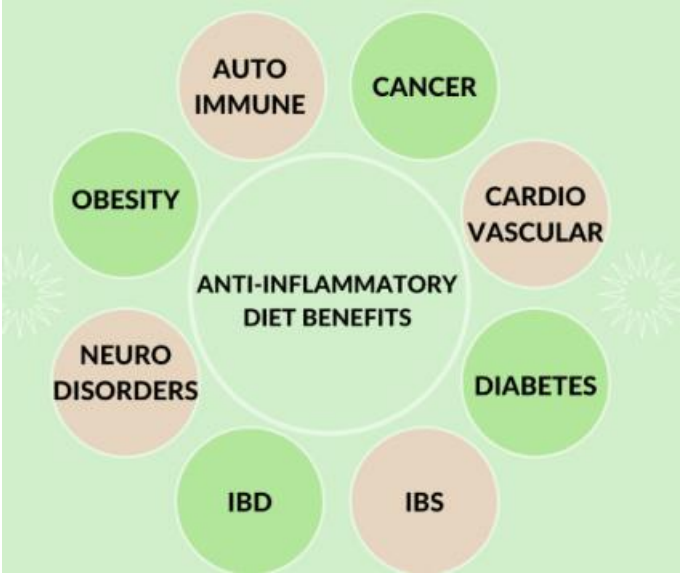
4. Excess Omega-6 Fatty Acids
- Found in vegetable oils like corn oil; imbalance with omega-3s increases inflammation

Benefits of Anti-Inflammatory Eating

- Improved Heart Health:Lower blood pressure and cholesterol levels

- Reduced Risk of Chronic Diseases: Diabetes, arthritis, Alzheimer's disease

- Enhanced Immune Function: Antioxidants support cellular repair



Practical Tips for Anti-Inflammatory Eating

1. Follow the Mediterranean diet (fish, olive oil, whole grains)

2. Eat a variety of colorful fruits and vegetables daily

3. Replace red meat with plant-based proteins or lean poultry

4. Use herbs and spices for flavor instead of salt or sugar

Reminders

1. Apple a Day Challenge ends April 14 (1 week left)

2. Health Coaching with Wendy

3. Weight Watchers Promo code

4. “Losing Weight the Healthy Way” Cooking Demo
    1. today 2-3pm
    2. Southside Cultural Arts Center

5. 6 week Productivity and Personal Care Workshop
    1. Every Wednesday 12-1pm starting tomorrow, April 9

6. “A Fresh Look at Healthy Eating” EAP seminar
    1. Thursday, April 10
    2. 12-12:30pm