



Anti-Inflammatory Diet

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. While the acute inflammatory response is normal and essential to the healing process, 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.

What is the anti-inflammatory diet?

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

The anti-inflammatory diet involves:

- Intake of anti-inflammatory foods and nutrients, including omega-3 fatty acids and phytonutrient-rich plant-based foods, such as vegetables, fruits, nuts, and whole grains
- Restriction of pro-inflammatory foods, including processed foods, refined carbohydrates, trans-fats, and excess saturated fat and vegetable oils
- Balancing levels of omega-3 to omega-6 fatty acids
- Maintenance of a stable glycemic response





Anti-inflammatory food pyramid