Coletta:
Good Morning and Afternoon and thank you for joining us today for our Fighting inflammation naturally webinar. We are going to give everyone another minute to log on. While we wait, please look at the resources on your screen. You may click on the icons to access them. I will be right back.

Alright, lets begin.
Coletta:
Happy New Year and welcome to today’s webinar on Fighting Inflammation Naturally. Today we will be exploring the causes of inflammation and how to fight it naturally. We will learn how to incorporate healthy foods with an anti-inflammatory diet to keep us feeling our best.
Coletta:  
My name is Coletta Meyer and I will be your host for this webinar. I am the Health and Wellness Manager at GEHA with over 16 years of experience in the health field.

Our presenter for today’s webinar is Kristen McGill. Kristen is an in-store nutritionist for Giant Food. I would like to thank her for being here today. Kristen, would you like to talk a little bit about Giant foods and what you do?

Kristen:  
Yes and thank you for having me here today. We are a team of 10 licensed and credentialed in-store nutritionists spanning the greater Washington DC area from parts of Virginia to Maryland and Delaware. Our focus is on community education through the avenue of webinars, consultations, podcasts, and blogs. All of this is accessible just at the click of a button. I am board certified in obesity and weight management. But, I love talking about inflammation! I think this is so important because it’s often overlooked but it’s super crucial for wellbeing so I’m excited to share all this really great information with you all today.

Coletta:  
Thanks Kristen!
Coletta
Before we get started, let’s go over some information to give you the best webinar experience.

- During the presentation, you may submit questions to Kristen by using the onscreen Q&A box. At the end of the presentation, we will go through the questions as time permits.
- After the webinar, all attendees will receive an email with a link to the recorded webcast along with a copy of the slides. You may also download the PPT slides located in the resource list on your screen.
- Audio and visual will be heard and seen from your device. There is not a call-in number.
- At any time during this webinar, if you experience any technical issues, you can try refreshing your browser. This generally solves most technical issues. We recommend using the Chrome browser for the best viewing experience. If you continue to have issues, you can also Email On24 at audience.support@on24.com.
- If you have questions about GEHA Benefits, we would love to hear from you... please email us at webinars@geha.com or call 800-821-6136.

At this time, we will now start learning about reducing inflammation. Kristen go ahead and take it away.
Today’s agenda

- **In the office:** understanding inflammation
- **In the aisles:** inflammation fighting foods
- **In the kitchen:** tips for day to day eating

Kristen
- In the office will give you the evidence-based information you need to know about the root causes and types of inflammation
- Next, we will hit the aisles and talk about our favorite foods that fight inflammation
- Finally, we will tie it all together with tips you can use at home
Kristen:
First, let’s head to the office and let’s discuss why inflammation is really important and why it warrants our attention.
Inflammation – friend or foe?

- Inflammation is the body's response to injury
  - The body's way of signaling the immune system to heal and repair damaged tissue or defend itself against foreign invaders, such as viruses and bacteria.

- Without inflammation, wounds would fester and infections could become deadly.

- But, if the inflammatory process goes on for too long, it can promote chronic disease.

Kristen:

- Inflammation is the body's response to injury- it’s the body's way of signaling the immune system to heal and repair damaged tissue, or defend itself against foreign invaders, such as viruses and bacteria.
- Without inflammation, wounds would fester, and infections could become deadly.
- BUT, if the inflammatory process goes on for too long, can promote chronic disease.
- Chronic inflammatory diseases are the most significant cause of death in the world with the World Health Organization (WHO) ranking chronic diseases as the greatest threat to human health.
Kristen:
Acute inflammation
• is a short-term process occurring in response to tissue injury like bruises, burns and cuts
• usually appearing within minutes or hours.
• It is characterized by five cardinal signs: pain, redness, immobility (loss of function), swelling and heat
• The first stage of inflammation is often called irritation, which then becomes inflammation. Inflammation is followed by the discharging of pus. The granulation stage comes next, and new tissue is formed in the wound.
• Most of these injuries will heal within 1-2 weeks.

Subacute inflammation
• is the period between acute and chronic inflammation and may last 2 to 6 weeks.
• Think about those injuries that take longer to heal – a severe bruise or even stitches from a deep cut or even surgery.

Chronic inflammation
• is a long-term mechanistic process lasting for prolonged periods of several months to years.
• It can be caused by a range of factors including age, environmental stress, allergies, asthma as well as chronic diseases like high blood pressure.
• It’s like having a fire burning in your body that aggravates your body’s processes and incites disease or exacerbates it. For example As type 2 diabetes starts to develop, the body becomes less sensitive to insulin and the resulting insulin resistance also leads to inflammation. A vicious cycle can result, with more inflammation causing more insulin resistance and vice versa.
• Other diseases associated with chronic inflammation include Cardiovascular disease, Arthritis and Joint Diseases, Allergies, Chronic Obstructive Pulmonary Disease (COPD). Obesity is also an immediate risk factor for developing chronic disease.
• The prevalence of diseases associated with chronic inflammation is anticipated to increase persistently for the next 30 years in the United States.
• Recent estimates show nearly 60% of Americans have at least one chronic condition, 42% had more than one and 12% of adults had 5 or more chronic conditions.
• Chronic inflammation can take months or even years to heal.
Kristen:
• Lets start with those inflammation fighting foods. Now if you were looking for that one magic food, this may disappoint you. Inflammation fighting foods are the standard well balanced, diet. Think Mediterranean diet, or DASH, or MyPlate.
• We want to include healthy fats that come from foods like nuts, seeds, fatty fish, avocados and olive oil. In fact, “extra virgin olive oil” has a natural chemical called oleocanthal, which shares similar properties with the anti-inflammatory drug ibuprofen.
• We want to include lots of produce including those dark leafy greens like spinach, kale, and collards, and fruits and veggies like strawberries, blueberries, cherries, oranges, and tomatoes. They are high in natural antioxidants and polyphenols— protective compounds found in plants. So go for variety and lots of color.
• High fiber foods like beans and whole grains
• Coffee and tea (did I just hear a sigh of relief?) Coffee contains polyphenols and other anti-inflammatory compounds, may protect against inflammation, as well.
• Spices are often the heaviest hitters in the anti-inflammatory arena.
Kristen:
Now let’s talk about foods that promote inflammation. Not surprisingly, these foods are also generally considered less nutrient dense choices.

• Highly processed foods/Refined Carbohydrates: processed carbohydrates may trump fats as the main driver of escalating rates of obesity and other chronic conditions.

• Sweets/treats: processed sugars trigger the release of inflammatory messengers called cytokines. Sugar goes by many names so look out for any word ending in “ose,” e.g. fructose or sucrose on ingredient labels.

• Red meat and High fat foods: studies have shown that saturated fats trigger adipose (fat tissue) inflammation. Pizza, cheese and fried foods are the biggest sources of saturated fats in the average American diet, according to the National Cancer Institute. Other culprits include meat products (especially red meat), full-fat dairy products.

• Alcohol: Excessive use weakens liver function and disrupts other multi-organ interactions and can cause inflammation.

At the end of the day, just keep in mind that foods like these also tend to be calorically dense which can contribute to weight gain, which is itself a risk factor for inflammation.
Eating to reduce inflammation

Kristen:
Now let’s examine ways we can eat to reduce inflammation.
Kristen: 
This is the anti-inflammatory diet pyramid created by Dr. Andrew Weil. (pronounced “While”)  
• Dr Weil (While) is a Harvard trained medical doctor specializing in complementary and alternative medicine. He is the Director of the Arizona Center for Integrative Medicine at the University of Arizona and a well-known author. His focus is on anti-inflammatory diets that help to prevent the chronic inflammation that contributes to the development of heart disease, cancer, Alzheimer’s and Parkinson’s disease, and autoimmune diseases like rheumatoid arthritis and lupus.  
• This Food Pyramid aims to reduce inflammation, based on scientific research. It minimizes consumption of processed and fast foods that are major contributors to chronic inflammation. And steers individuals toward a wide variety of foods including fresh veg/fruits, whole grains and healthy starches, nuts seeds and seafood for healthy fats and protein, as well as herbs and spices and even dark chocolate and wine!  
• For those of you who are familiar with the Mediterranean Diet, this should look familiar. The difference is the addition of supplements, tea, and Asian mushrooms! A little side note here, Dr While is a big proponent of Asian Mushroom Species like shiitake, oyster, maitake, enoki vs those traditional portobello and white cap mushrooms common in the US. Eating them raw or lightly cooked may help you reap their full anti-inflammatory potential.  

If there are three takeaways from Dr. Weil’s pyramid, they would be fiber, omega 3s and antioxidants. So let focus in on those 3 factors of the diet.
Kristen:
Eating a high-fiber diet can yield many rewards including lowering markers of inflammation. So, let’s talk about how.

- A fiber-rich diet may help in maintaining a healthy body weight since it fills you up and keeps you full.
- High-fiber foods are also “prebiotics” which feed beneficial bacteria living in the gut which release substances that promote lower levels of inflammation body-wide.
- It reduces total cholesterol and LDL (“bad”) cholesterol which causes inflammation.
- A few studies have found that people who eat diets high in fiber have lower C-reactive protein (CRP) levels in their blood. CRP is a marker of inflammation.

Fruits, vegetables, beans, nuts and whole grains are great sources of fiber and provide a boost of vitamins, minerals, protein and healthy nutrients.

Soluble and insoluble.

- Soluble fiber mixes with water to form a gel, which slows digestion. It helps the body better absorb nutrients and feel fuller longer. Soluble fiber is in foods like nuts, seeds, beans, lentils, oat bran and barley.
- Insoluble fiber helps your digestive system run more efficiently. It adds bulk to stool, which helps prevent constipation. Insoluble fiber is in foods like vegetables, whole grains, legumes and wheat bran.

Fiber Goals: Most Americans get less fiber and fiber-rich foods than govt. guideline recommends (20 to 35 grams per day). Most Americans get just 14 grams daily.

- Make your goal to include whole grains (foods made with the entire grain kernel) and vegetables at each meal.
- If you’ve been lax about fiber in the past, increase it gradually in your diet. Going straight from 0 to 35 grams a day could lead to uncomfortable symptoms like gas and bloating. If you have a gluten intolerance or suffer from celiac, talk to a dietitian about other high-fiber foods instead.
- Also don’t forget to drink plenty of water with your fiber. Water helps fiber work more effectively in your body.

Fiber Supplements

- Studies show that higher fiber—whether it came naturally from the diet or from a supplement— can lower CRP levels in some individuals but not all.
- Supplements also don’t provide all the vitamins, minerals, and other nutrients in foods that may contribute to reduced inflammation. So aim to get that fiber from food.
Kristen:
• how does it help?
  • omega-3 fatty acids, which are part of a healthy diet that is associated with lower levels of inflammation.
  • Your body can't manufacture omega-3 fatty acids—eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), and alpha-linolenic acid (ALA)—so it's important to get them through your diet.
• Good food sources
  • EPA and DHA are primarily found in fatty fish, such as salmon, tuna, and anchovies. ALA is found in plants and is available in vegetable oils, nuts, flaxseeds, and flaxseed oil.
• Omega 3 goals
  • According to data from the 2011–2012 National Health and Nutrition Examination Survey (NHANES), most children and adults in the United States consume recommended amounts of omega-3s as ALA
  • Opting for those health fats and including seafood in your diet once a week is all you need!
• Are supplements just as good?
  • Several studies have evaluated fish oil supplements for preventing heart disease, cancer, and other conditions related to inflammation, but there is still no convincing evidence to recommend them—especially at such a high dose. The one exception is if you have very high levels of triglycerides in your blood. Then your doctor may prescribe Lovaza, a fish oil medication containing 465 milligrams (mg) of ALA and 375 mg of DHA, to be taken 4x/day.
  • If your doctor hasn't prescribed high doses of fish oil, you'd be better advised to add foods containing omega-3s to your diet. Nonprescription fish oils are notoriously prone to spoilage.
https://ods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/
Antioxidants are substances that can prevent or slow damage to cells caused by free radicals, which are unstable molecules the body produces as a reaction to environmental and other pressures.

- Antioxidants found in foods and spices protect your cells from the effects of these free radicals which include inflammation.

- The antioxidant values of foods listed are expressed in ORAC (Oxygen Radical Absorbance Capacity) units, a unit of measurement for antioxidant content which was originally developed by the National Institute on Aging (NIA) at the National Institutes of Health (NIH).

Let's review some to the top natural, anti-inflammatory – ORAC ranked foods:

- Fruits and vegetables. Antioxidants like carotenoids and flavonoids, which give fruits and veggies their bright color, are highest: Beets, Blueberries, Broccoli, red grapes, oranges, and dark leafy greens like spinach. So eat the rainbow to optimize those antioxidants.

- Staying in the produce section, think aromatics like Garlic and Onions.

- Tea – All teas (green and black) are rich in polyphenols, a type of antioxidant. Tea has about 8 to 10 times the polyphenols found in fruits and vegetables. BUT Black and green both have different types of antioxidants than fruits and vegetables so you need both.

- Nuts - Each type of nut offers a unique nutritional profile but most nuts also contain phytochemicals such as resveratrol and plant sterols, which help lower cholesterol.

- Beans - in addition to their high fiber and protein content, a new study finds that beans, particularly black ones, are a rich but overlooked source of antioxidants. red, black, pinto, kidney – again those with color!

- Red Wine - most famous polyphenol, resveratrol, has been shown to prevent chronic systemic inflammation in several distinct ways including reducing pain, swelling and infection. Keep in mind the recommendation is 1 glass for women, 2 for men. Plus, a serving size is 5oz.

- Chocolate: Dark chocolate is loaded with organic compounds that are biologically active and function as antioxidants. These include polyphenols, flavanols and catechins, among others. One study showed that cocoa and dark chocolate had more antioxidant activity, polyphenols and flavanols than any other fruits tested, which included blueberries and acai berries

- Herbs and Spices - are the real antioxidant all stars – delivering a higher concentration of antioxidants per 100g than dark chocolate, wine, and even fruits and veggies. Plus, they have none of the calories found in chocolate or the drawbacks associated with alcohol consumption. Bests picks include rosemary, ginger, turmeric, cayenne, and cinnamon.

- Its also important to note that several decades of dietary research finds consuming greater amounts of antioxidant-rich herbs, spices and foods might help to protect against diseases but the same is not said for antioxidant supplements. Rigorous trials of antioxidant supplements in large numbers of people have not found that high doses of antioxidant supplements prevent disease. So get those benefits from your diet and not from a bottle!
Kristen

Sleep –
Going to bed at the same time and waking at the same time every day reinforces the healthy circadian rhythms that govern both our sleep and our immune function, including inflammation. Research has actually shown that one night of insufficient sleep is enough to activate pro-inflammatory processes in the body. So, make 7-9 hours of sleep nightly a goal in order to help avoid low-grade, systemic inflammation that’s associated with aging and chronic disease. Of course, stress can make it hard to achieve this goal! So – again – shifting out lifestyle to daily activities that reduce stress can help us also we are achieving better sleep. Think about ways you might be able to reduce stress- it can be yoga, meditation, prayer, anything that help you reduce that stress, Of course exercise is a great way to relieve stress.

Exercise –
The long-term health benefits of physical exercise are numerous when it comes to health and wellness and disease prevention, but research show that 20-minutes of daily exercise also has significant benefits on the body's immune system. Make it your goal to aim for at least 150 minutes of moderate intensity physical activity a week or 0 minutes per day, five times a week for optimal heart health!

Hydration -
Our bodies are over 60% water and every major organ system relies on it to operate. Yet most of us don’t get enough water. Hydration is vital for flushing toxins out of your body, which can help fight inflammation. The amount each person needs will vary though by a variety of factors – weight, physical activity level, time of year, foods that you eat, and so on. 64 ounces is often the go to number but I always recommend the scientific urine test. We are looking for light to clear urine – so if you can change the color of the water in your toilet bowl, odds are you are not hydrated! One last point about hydration – the first sign of dehydration is often feeling tired – so if you have an afternoon slump, reach for the water and not the caffeine!

To wrap all of this up, the final message is that a variety of factors come into play when it comes to inflammation and long term health. Diet and lifestyle go hand in hand.
Kristen:
Let’s head to the aisles to see how we can fill our cart with anti-inflammatory foods.
Kristen:
Let me tell you about two navigation tools at Giant Foods. HowGood tells you the story behind your foods and rates foods on their social and environmental impact. NOT A NUTRITION RATING

- ratings are based on three benchmarks that help families easily find the most environmentally friendly, minimally processed, and ethically produced foods on the shelf.
  - Processing Practices: rewards wholesome foods made with minimally processed ingredients.
  - Company Conduct: rewards producers that are honest and ethical in the way they treat their employees, environment, and consumers.
- Good Meets 1 out of 3 benchmarks, Great Meets 2 out of 3 benchmarks, Best Meets 3 out of 3 benchmarks

Guiding Stars: as a nutrition rating system
- Guiding Stars help you identify more nutritious choices by rating the nutritional quality of food using information from the Nutrition Facts Panel and the ingredients list.
- Foods are rated and receive a score based on the assignment of credits and debits. (Credits = fiber, etc., Debits = sodium, added sugar, etc.)
- The more stars, the better the nutritional value.
Kristen:
So let’s go ahead and see some of our favorite products as in-store nutritionists. Clearly we want the bulk of our diet to be fruits and vegetables. Not only that, we want them chalked full of antioxidants and they’re going to be a big source of pre-biotics AKA those high fiber foods.
• I know the produce section is pretty much a given but some of our items that we love as a team are Love Beets (deep rich red color, good source of antioxidants). Beets are great in salads or paired with hard-boiled eggs as a high-fiber, high-protein snack.
• We also love our sweet peppers. I love them because you don’t have to chop and de-seed them. They’re also transportable and great with hummus or low-fat cheese. And, of course, rich vibrant color tells you they’re a rich source of antioxidants.
• Lastly, we love our local vendors like Bright Farms because they have a nice variety of dark leafy greens. And we know what to do with them but basically we want variety and color.
Kristen:

- Next we have our whole grains which we know there are endless items to choose from but some of our favorite go-to’s are Dave’s killer bread which is portion controlled but also a rich source of whole grains (remember we want them whole because that means they’re intact; there’s no refining, no stripping away).
- We also love Kodiak cakes because they make all their products with 100% whole grains. They also find creative ways to add in a protein punch as well.
- Lastly, if you’ve ever cooked with whole grains you know it takes a long time. So if you’re crunched on time, these “heat and eat” whole grain pouches are wonderful because you’ve got something that can bring balance and complete your meal in just 90 seconds or less.
Kristen:
Then we have other sources of fiber that also provide a good dose of those antioxidants. Remember what I said about beans being a 3 in 1 with those complex carbohydrates, the fiber, and the protein. Remember to incorporate some of these into your diet: those nuts, those seeds, also offer a good source of protein and antioxidants.
Kristen

We want to make sure we’re getting anti-inflammatory Omega 3’s which I mentioned we’d find in fatty fish like tuna and salmon. We can also find them in plants like walnuts and liquid oils at room temperature like olive oil and canola oil. You can also get Omega 3’s in flax, flax seeds, flax seed oil. Then also having some frozen seafood on hand is super convenient. It’s a great weeknight solution and very versatile and a great source of Omega 3s as well as lean protein.
Kristen

Lastly we can’t forget about those antioxidant rich foods we can find on the shelves and we may be using already so things like black and green tea (remember these are a rich source of polyphenols). If you’re not sure how you feel about black or green tea, you can also try other varieties that may be infused with other spices like turmeric. Remember how we doctor up our tea coffee… we don’t want to throw in a bunch of cream and sugar. Spices are another one. We talked about a wide variety of those, cinnamon being one of the highest on the ORAC chart. There’s oregano… we know about cayenne pepper also being high in antioxidants. So make sure you’re cooking with herbs and spices as much as you can. There’s also olive oil that’s infused with fresh herbs and spices. Not only would this make a great dressing, but it serves as a great marinade for roasted vegetables. Remember with red wine, it has to be red in order to get those antioxidants. If you can’t stick within the recommendations or aren’t comfortable drinking red wine, you can get the same amount from a cup of grape juice or pomegranate juice. Lastly. We talked about how wonderful dark chocolate is for antioxidants but I love this one because it’s antioxidants on top of antioxidants on top of antioxidants because this dark chocolate has been infused with cinnamon, cayenne, and dark cherries. SO dark chocolate was great on its own but now it’s infused with spices and fruit so it’s a great treat in moderation.
Kristen:
Now that we know how fiber, omega 3s and antioxidants affect inflammation, discussed some interesting new foods you can check out at the grocery store, let’s talk about how to put it all together at home.
Putting it all together

- Use the USDA MyPlate as a starting point
  - ½ plate of fruits and vegetables
  - ¼ grains
  - ¼ lean protein

Kristen:
- This is MyPlate and it shows balanced eating! Notice that half the plate is produce! Those fruits and veggies are filled with fiber and, antioxidants.
- Those grains will give you your fiber.
- Protein rich seafood nuts and seeds will provide those omega 3s.
- A balanced diet will look like this and offer you all the health benefits – including reduction of inflammation
Kristen:
When you start to cook a balanced meal and want to include inflammation fighting ingredients it’s important to have a plan. So start your meal planning with a little research into the foods you want to include.
Some of the nutritionists favorite resources for meal planning recipes include:
- [www.giantfood.com](http://www.giantfood.com) (filter with savory tab) which you can sort into various categories including Guiding Stars, ingredients, even cooking method
- [www.pinterest.com](http://www.pinterest.com) is a great resource too! Search by ingredient or for “anti inflammation”
- [www.eatingwell.com](http://www.eatingwell.com) has wide assortment of recipes you can try out!
Kristen:
Before we go into our Q & A, I wanted to remind you that the nutritionist team is here to support you with a variety of online sources.

At giantfood.com/nutrition you will find ways to connect with us for one on one personalized consults – that’s under the “nutrition” tab.

Under “events” you’ll find all of our classes and programs.

Under “blogs” you’ll find inspiration for meals as well as informative articles about health related items in the news.

And last our podcast which you can listen to online or on your smartphone’s podcast app. These 30 minute or less recordings cover a wide range of topics – everything from heart health and diabetes to seafood sustainability and cooking with spices and “what’s Trending”!
Questions:
Can you explain why alcohol is listed as something that causes inflammation, but it’s on Dr. Weil’s pyramid?
Sure! Red wine is represented because it contains a polyphenol called resveratrol, giving it that deep, rich color, while yielding antioxidants. White wine and spirits do not contain resveratrol, so keep that in mind. Also, the recommendations are as such: 1 glass of wine for women, and 2 glasses of wine for men is the recommendation. Remember the serving size: 5 oz. As mentioned, if you’re likely to deviate from the recommended serving size, or you have been advised not to consume alcohol—maybe per your doctor, you can always consume about 5 oz of grape juice or pomegranate juice.

I’m a stress eater and crave some of those inflammatory foods like sugar. What are some ways I can manage my stress and abstain from those types of foods?
We’ve gotten so many questions about that topic now that so many people are working from home. My recommendation is to sign up for one of our Mindful Eating webinars which revisit the basics of intuitive eating. We cover stress coping techniques, but also strategies for knowing the difference between head hunger—at the end of the day, everyone is going to have to manage their stress with whatever works best for them, but this webinar is extremely helpful in figuring out what’s best for you!

You mentioned sleep as being a way to reduce inflammation. What advice do you have for those who struggle with getting a good night’s sleep?
Likewise! Sleep is highly individualized. What works for me, might not work for you and vice versa. My recommendation is a few sleep hygiene strategies: watch out for abrasive lighting, partner habits, room temperature. Also, watch out for unhealthy dietary patterns such as meal skipping, consuming unhealthy foods that are high in sugar, fat and sodium and alcohol—that’s a big one. Some people think that drinking alcohol before bed helps them relax, but the truth is, it prevents you from hitting that deep, deep sleep that makes us feel rested and rejuvenated the next day. Just be sure to include a very well balanced diet and lifestyle (including exercise). Also, certain medications may have the unpleasant side effect of insomnia. If you still have problems sleeping, talk to your doctor about some other remedies.

Is there a way to test for levels of inflammation in the body?
Usually when you have a medical check up and labs are drawn, there are several lab values to measure inflammation: WBC, CRP (mentioned in this presentation) as well as other systemic indicators like body temperature. If any of these are elevated, it might mean an acute illness. However, if regular check ups continue to demonstrate inflammation, your doctor should make you aware. However, if you are generally healthy, eat well and exercise, the chances of you having high markers of inflammation are small, and if so, would be indicative of some other concerning health issue.

Which popular diets are good for reducing inflammation? Are there any to avoid?
Dr. Weil’s Anti-inflammatory Pyramid, Mediterranean Diet, DASH Diet, even the MyPlate all echo very similar principles—the Anti-inflammatory, DASH and Mediterranean diet are much more detailed as...
opposed to the MyPlate. Of course, avoid any diets that are restrictive in any essential food group (we’ve seen a lot about carbs as being the “enemy” but if you deprive yourself of complex carbohydrates, that means you’re depriving yourself of essential nutrients—same goes for beans, legumes, and other whole grains. Lastly, foods to avoid will be the ones we mentioned during this presentation such as high saturated fat foods, refined sugars, sweets (cookies, cakes, pies, donuts).

**What is the connection between Omega 3- Omega 6 and inflammation?**

Glad you asked! Omega-3s mostly come from fish sources and are anti-inflammatory, and omega-6s, (from vegetable oils, nuts and seeds). These are thought to be more PRO-inflammatory, yet more research is needed in this area. What’s confusing is that these foods are good, heart healthy fats, which we have been advised to consume more of, as per the American Heart Association. But a recent study from Harvard found that omega-6s do not promote inflammation and should be incorporated regularly in addition to Omega-3s as part of a well-balanced, healthful diet.
Coletta:
Again, I would like to thank Kristen for your time today.

Kristen:
Well thank you so much, Coletta. I appreciate you having me here today. For those of you who have other questions or you want to reach out to a nutritionist, you can always head to our website (GiantFood.com/nutrition) or email us at nutrition@giantfood.com

Coletta:
Before we end this webinar, I want to bring your attention to the survey resource box on the screen. Please take the time to complete this quick 5 question survey. The results will help us plan and grow our wellness webinars to provide you with the information you are looking for.

Lastly, as a reminder, all attendees will receive an email with a link to the recorded webcast along with a copy of the slides.

At this time, the webinar has ended. Thank you and have a great 2021.