

# Welcome to the March Statewide Wellness Virtual Lunch and Learn

Hosted by:  
OSHR Worksite  
Wellness

If you participate in the State Health Plan, you can find a nutritionist close to you by logging into your BCBSNC account or calling BCBS. Dietitian visits are covered at 100% when an in-network provider is used. Visit [www.shpnc.org](http://www.shpnc.org) to learn more.

For future wellness lunch and learn events, or recordings of previous events, visit <https://oshr.nc.gov/wellness-webinars>.

Let's LUNCH AND LEARN!



# Anti-Inflammatory Foods

By Katie Godin, RD, LDN

# Katie Godin, RD, LDN

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- Lifestyle Medical Centers offers Nutrition Counseling to assist with educating you on how to make positive lifestyle changes alongside continual support and encouragement.
- **Services offered:**
  - Weight Management
  - Women's Health
  - Sports Nutrition
  - Chronic Disease Counseling
  - Bariatric Support
  - Smoking Cessation
  - Sleep Assessment and Stress Management



**LifeStyle**  
MEDICAL CENTER

Evidence-based Lifestyle Modification  
and Medical Nutrition Therapy

# What is Inflammation?

## Acute

- Sudden response to damage within the body.
- Ex : When you get a cut on your finger, your body sends inflammatory cells to help heal the injury.

## Chronic

- When your body continues to send inflammatory cells even when there is no outside danger.
- Ex: Rheumatoid Arthritis – inflammatory cells attack joint tissues leading to inflammation that comes and goes. Causes damage to joints and severe pain as a result.

# Symptoms of Inflammation:

## Acute

- Flushed skin at site of injury
- Swelling
- Pain/Tenderness
- Heat

## Chronic

- Abdominal pain (IBD, Chron's)
- Chest pain
- Fatigue (Lupus), Sleep Disorders (Insomnia)
- Fever
- Joint Pain (RA)
- Skin rash (Psoriasis)
- Mood Disorders (Depression / Anxiety)
- Weight gain or unexplained weight loss



# Lifestyle Factors Causing Inflammation:

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Stress

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Sugar consumption

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Lack of Exercise

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Medication Reactions

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Lack of Fiber in the diet

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Trans-Fats

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Smoking

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Excess Salt

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Environmental Pollution

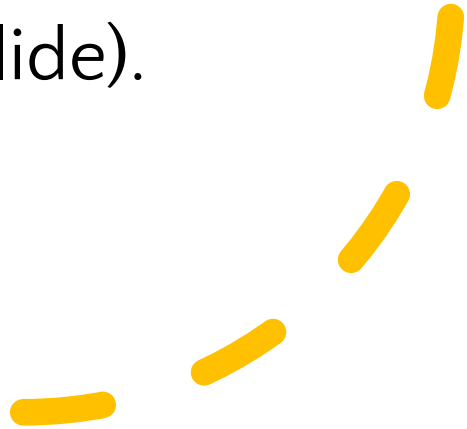
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Excess Alcohol Intake

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Lots of refined foods (Processed foods)

Keep In  
Mind..

- Our immune system was intended to deal with short-term threats like injuries and infections, not to **deal with never-ending threats that we now subject it to every day—like chronic stress, processed meat, and environmental toxins.** Due to these lifestyle factors , chronic inflammation results in endless negative health effects and contributes to a wide range of health conditions (see chart on next slide).
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# Chronic Inflammation: Conditions associated are...almost endless

Cancer

Neurological Diseases:  
Depression/Alzheimer's/Parkinson's/MS

Type 2 Diabetes

Cardiovascular Disease: HTN, Stroke

Pulmonary Disease : COPD / Asthma /  
Bronchitis

Bone and Joint Disease: RA, Osteoporosis ,  
Osteoarthritis

Autoimmune Disorders: Chron's, IBD, Lupus,  
MS, Type 1 Diabetes



# Chronic Inflammation: Treatment

Medications – Steroids/NSAIDS

Supplements – C, D, Zinc, Fish Oil

Dietary Changes – Anti-Inflammatory Foods and spices

Physical Activity – Get outdoors, if possible, for additional Vitamin D

Stress Reduction – Mindfulness/Meditation

Sleep Quality – 7-8 hrs sleep each night



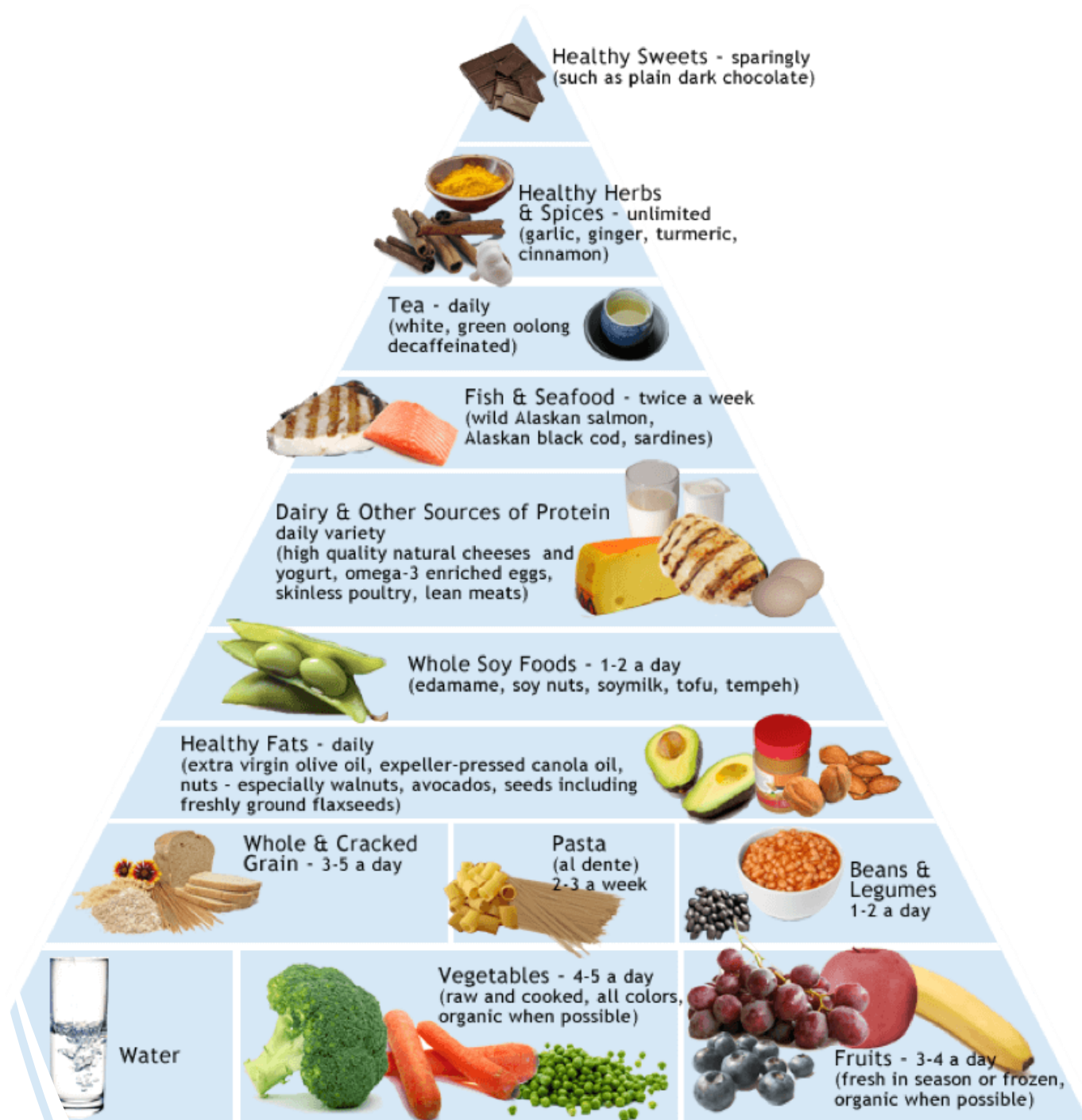
# Dietary Changes: What to Include

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- Omega 3 Fats / Unsaturated Fats
- Antioxidants
- Fiber
- Dark Chocolate (70% or higher)
- Anti-Inflammatory Spices
- Herbal Tea
- These foods provide plant chemicals (phytochemicals), antioxidants, and fiber that prevent cellular stresses, inhibit inflammatory signals caused by the immune system, promote healthy gut microbiota, and slow down digestion to prevent surges in blood glucose.

# Anti-Inflammatory Food Pyramid

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# Omega 3 Fats

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- Cold water fish
- Flaxseeds
- Leafy Greens
- Walnuts



# Anti- Oxidants

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- Colorful veggies
- Dark , Leafy Greens
- Citrus Fruits
- Allium Veggies (Onion, Garlic, Leeks, Fennel)
- Berries



# Fiber

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- Whole Grains
- Nuts & Seeds
- Beans
- Fruits and Vegetables
- Avocados



# Anti- Inflammatory Spices

- Ginger
- Rosemary
- Turmeric
- Oregano
- Cayenne
- Clove
- Nutmeg



# Herbal Tea

- Green Tea
- Black Tea





# Pro-Inflammatory Foods: What to limit

- Saturated Fats/ Transfats
- Simple Carbohydrates
- Foods High in Sodium
- Foods that may trigger intolerance
- Alcohol



# Anti-Inflammatory Diet: Sample Day

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Breakfast: Omega-3 Rich Egg + 2 Egg Whites + 1 Cup Spinach + 1 Whole Grain Bagel

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Snack: 1oz Walnuts + ½ Cup mixed berries

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Lunch: 2 cups mixed greens, 2 carrots , 5 cherry tomatoes + 3oz wild salmon + olive oil/vinegar dressing + 1 cup green tea

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Snack: ¼ cup hummus + cucumber and red pepper slices

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Dinner: 3oz chicken + ½ cup of wild rice OR quinoa + 1 cup steamed broccoli

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Snack: 2 Tbsp Peanut Butter + 1 Apple



Let's Cook! :  
Charred  
Shrimp,  
Pesto, and  
Quinoa Bowls



# References: Websites to review

- <https://my.clevelandclinic.org/health/symptoms/21660-inflammation#:~:text=Acute%20inflammation%3A%20The%20response%20to,there%20is%20no%20outside%20danger.>
- <https://www.hsph.harvard.edu/nutritionsource/healthy-weight/diet-reviews/anti-inflammatory-diet/#:~:text=These%20foods%20provide%20plant%20chemicals,prevent%20surges%20in%20blood%20glucose.>