

# Let's lunch and learn!

January 2026

If you participate in the State Health Plan, you can find a nutritionist near you by logging into your Aetna account.

Dietician visits are covered at 100 percent when an in-network provider is used. Visit [www.shpnc.gov](http://www.shpnc.gov) to learn more.

For future Worksite Wellness Lunch and Learn events or recordings of previous events, visit [oshr.nc.gov/wellness-webinars](http://oshr.nc.gov/wellness-webinars).



# An Anti-Inflammatory Winter

Presented by Katie Godin,  
RD, LDN

**LifeStyle**  
MEDICAL CENTER

Evidence-based Lifestyle Modification  
and Medical Nutrition Therapy



# Katie Godin, RD, LDN

- 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
- <https://lifestylemedicalcenters.com/>



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# What Is Inflammation

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- Inflammation is our bodies natural immune response to injury or infection.
- 2 types:
  - **Acute** : The body's rapid, immediate defense against threats like cuts, infections (cold/flu), or toxins. Could last a few hours to a few days.
  - **Chronic**: Inflammation that persists for months or years, even after the initial trigger is gone, or when the immune system mistakenly attacks healthy tissues. Can stem from ongoing infections, autoimmune disorders, long-term exposure to irritants (like smoke), stress, obesity, and unhealthy diets.

# What Factors Contribute to Increased Inflammation in Winter Months

- Vasoconstriction in colder months – blood vessels narrow to conserve heat which can reduce blood flow to joints.
- Drop in Barometric Pressure can increase pressure in joints.
- Drier air (cold air holds less moisture, irritating skin / respiratory patches).
- Less Sunlight
- Overall Reduce Physical Activity
- Heavier, processed comfort foods
- Increased risk of infection / stress on the body

# What Conditions are Most Affected?



- Inflammatory and Auto-Immune Conditions such as:
  - RA / OA
  - Lupus
  - MS
  - Psoriasis
  - Scleroderma
  - Fibromyalgia
  - Asthma



# Lifestyle Changes to Help Winter Inflammation

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# Anti-Inflammatory Diet Basics

- Whole, unprocessed foods
- Increased anti-oxidants / omega-3's
- Decreased refined sugar / unhealthy fats
- Balanced meals, leading to better blood sugar control

Top Anti-Inflammatory Diet Plans:  
Mediterranean / Whole Food Plant Based.



# How Does Diet Reduce Inflammation?

Antioxidants found in fruits / veggies and anti-inflammatory spices reduce inflammatory signals .

Omega-3 fatty acids found in fish (Salmon), flaxseeds / chia seeds, and walnuts help to produce anti-inflammatory compounds.

Fiber / Prebiotics found in whole grains, beans / legumes, nuts/seeds, and certain vegetables aid to improve gut health in turn reducing inflammation.

Healthy fats (monounsaturated) from Olive oil / Avocado Oil lower inflammation .

Probiotics from yogurt and fermented foods also help to support a healthy gut microbiome, regulating immune response.

# How Does Diet Increase Inflammation

Refined sugars from sweetened beverages, processed sugars can promote the release of pro-inflammatory proteins called Cytokines.

Saturated fats / Trans fats also promote inflammatory cytokine response.

Processed foods can disrupt gut bacteria and lead to increased systemic inflammation.

## Key Anti-Inflammatory Foods to Focus On

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Vegetables (Leafy greens, cruciferous veggies, carrots, squash)

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Fruit (Berries, oranges, apples, pomegranates)

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Healthy Fats (Olive oil, nuts, seeds, avocado)

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Proteins (Fatty fish, beans, lentils, eggs, lean meat)

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Whole Grains (Oats, quinoa, brown rice)

# Anti-Inflammatory Spices

- Turmeric – reduces inflammatory markers
- Ginger – helps digestion / immunity
- Cinnamon – stabilizes blood sugar
- Garlic – natural immune booster
- Black Pepper – helps turmeric absorption



# Beverages to Consider

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- Herbal teas (Ginger, Green Tea, Chamomile)
- Golden Milk (Turmeric / Milk)
- Bone Broth
- Warm lemon water

Recipe:

<https://www.wellplated.com/bedtime-golden-milk/>



# Foods to Limit

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- Processed / Refined Sugary foods
- Sweetened beverages
- Fried foods
- Processed meats
- Excess alcohol



# Other Lifestyle Habits to Focus On

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- Movement (yoga, stretching, walking, strength training)
- Sleep (7-9 hours / night)
- Stress Reduction (Breathing, meditation)
- Sunlight Exposure / Vitamin D Supplementation (if needed)



# Resources

- <https://www.arthritis.org/health-wellness/healthy-living/nutrition/anti-inflammatory/anti-inflammatory-diet>
- <https://www.hopkinsmedicine.org/health/wellness-and-prevention/anti-inflammatory-diet>
- <https://www.eatright.org/health/health-conditions/arthritis-and-inflammation/can-diet-help-with-inflammation>



Thank  
you!



# Let's Cook!

One Pot Lentil Vegetable  
Soup from Eating Well

<https://www.eatingwell.com/recipe/7917979/one-pot-lentil-vegetable-soup-with-parmesan/>