



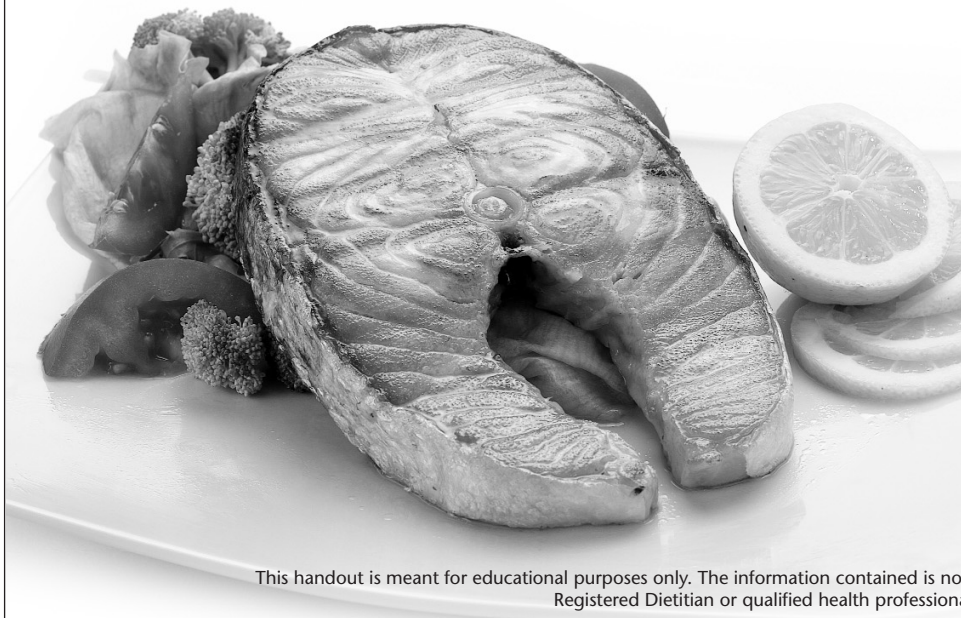
Nutrition
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ENERGIZE WITH AN ANTI-INFLAMMATORY DIET

Feeling the Heat? Chronic inflammation is linked to the development of a host of chronic and degenerative diseases such as heart disease, type two diabetes, cancer, Alzheimer's disease, Parkinson's disease and rheumatoid arthritis. Just like chronic stress, chronic inflammation wreaks havoc on our bodies, usually without our knowledge. When it comes to inflammation, how you eat and how much you weigh have a big role to play in fanning the flames. Excess fat stores send hormonal signals that increase inflammation in the body. High blood sugars, caused by an excess of processed sugar and flour, and unhealthy fats like saturated and trans fatty acids also add fuel to the fire.

FUELING THE FIRE

Keeping your blood sugars stable is an important focus in the fight against inflammation. Foods that have a high glycemic response, such as many commercial breads, baked goods and sweetened beverages spike your blood sugar and promote inflammation. Avoid sweetened beverages and juices as they are mostly empty inflammatory calories. Choose whole intact grains like steel cut oats, brown rice, quinoa and barley more often. Whole wheat pasta cooked al dente is a low GI choice as is sprouted grain bread – regular whole wheat bread still packs a glycemic punch. Balancing meals with protein, fat and fibre also help to reduce the glycemic response.



What is inflammation?

Inflammation is a natural process mediated by our immune system. Inflammation speeds immune cells and nutrients to areas that have been damaged to speed the healing process. However, when chronic inflammation is present, damage to healthy tissues occurs.

This handout is meant for educational purposes only. The information contained is not meant to replace consultation with a Registered Dietitian or qualified health professional.

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Have a nutrition question?
Ask Desiree, the Choices Dietitian at nutrition@choicesmarket.com

SMART FATS FIGHT BACK

The inflammatory pathways are heavily influenced by the fats you consume. Omega 6 fatty acids, found in many cheap oils such as sunflower, soy and safflower make their way into our processed foods and as a result, we eat far too many of these inflammatory foes. If you take gamma linoleic acid, or GLA, don't worry: it is a unique omega 6 fat that is actually anti-inflammatory. To add insult to injury, we don't eat enough omega 3 fatty acids from cold water fish, hemp, flax, walnut and dark leafy greens. If you don't eat salmon, herring or sardines regularly you need to take a high quality omega 3 fish oil. Saturated fats from full fat dairy and red meat and trans fats from processed foods further add to the inflammatory load. To help omega 3 fatty acids do their job, be sure to reduce your intake of saturated, trans and omega 6 fatty acids.

SUPPORT A HEALTHY IMMUNE SYSTEM

Did you know that your immune system health is dependent on a healthy gut? Approximately 70% of your immune cells are in your gut and are fed by the short chain fatty acids that the healthy bacteria in your gut produce. Probiotics help to support a healthy immune system by ensuring a steady supply of these healthy critters.

PHYTONUTRIENTS

Phytonutrients are more than just anti-oxidants....there are a host of phytonutrients with anti-inflammatory properties so a variety of fruits, vegetables, herbs and spices are a critical part of the anti-inflammatory diet.

LIVING THE ANTI-INFLAMMATORY LIFE

Eating an anti-inflammatory diet is not about deprivation...it is about smart swaps to your current eating plan. Following a diet pyramid is an easy way to see, at a glance, how to make wise choices. Often, building a healthy diet one small change at a time is a more sensible approach to lifelong health. So why not start by switching your cooking oils or swapping sprouted grain bread for your usual fare? Soon enough, you will be living the anti-inflammatory life. And remember that life is not without its compromises: a slice of birthday cake once and a while won't hurt you – as long as you follow the anti-inflammatory diet 90% of the time.

Eat This

- Sprouted Grain Bread
- Steel Cut Oats
- Salmon
- Avocado
- Extra Virgin Olive Oil
- Vegetable Soups
- 100% Pomegranate Juice and Soda
- Baby Carrots with Hummus
- Plain yogurt with Honey
- 80% Dark Chocolate

Not That

- Whole Wheat Bread
- Crispy Rice Cereal
- Steak
- Margarine
- Conventional Canola Oil
- Cream Soups
- Sweetened Flavoured Waters
- Snack Crackers
- Sweetened Fat Free Yogurts
- Candy and Candy Bars



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Kitsilano

2627 W. 16th Ave.
Vancouver
604.736.0009

Cambie

3493 Cambie St.
Vancouver
604.875.0099

Kerrisdale

1888 W. 57th Ave.
Vancouver
604.263.4600

Yaletown

1202 Richards St.
Vancouver
604.633.2392

Choices in the Park

6855 Station Hill Dr.
Burnaby
604.522.6441

Rice Bakery

2595 W. 16th Ave.
Vancouver
604.736.0301

South Surrey

3248 King George Hwy.
South Surrey
604.541.3902

Choices at the Crest

8683 10th Ave.,
Burnaby
604.522.0936

Kelowna

1937 Harvey Ave.
Kelowna
250.862.4864