

# Dietary Inflammatory Index

The following nutrients are arranged from the highest to lowest level of anti-inflammatory effects.

- Magnesium
- Turmeric
- Beta carotene
- Genistein
- Vitamin A
- Tea
- Quercetin
- Wine (red)
- Luteolin
- Vitamin E

*Adapted from Cavicchia et al. (2009)<sup>24</sup> and Shivappa et al. (2014)<sup>28</sup>.*

The nutrition book *Nutrition and Diagnosis-Related Care*<sup>23</sup> outlines the basic principles of the Mediterranean or an anti-inflammatory diet:

- Focus on a plant-based diet
- Focus on foods rich in antioxidants and phytochemicals
- Eat fresh and minimize processed foods
- Eat “super-foods” such as salmon, blueberries, bananas, broccoli, avocado, or dark chocolate (at least 70% cocoa)
- Drink green or oolong tea
- Use spices and herbs such as oregano, cinnamon, dill, turmeric, curcumin, ginger, or garlic

The nutrition book *Krause’s Food & the Nutrition Care Process*<sup>24</sup> states that after athletes are injured, the inflammatory stage of healing is affected by foods. The authors indicate that a “diet high in trans fats, saturated fats and some omega-6 vegetable oils has been shown to promote inflammation, whereas a diet high in monosaturated fat [such as olive and avocado] and essential omega-3 fats has been shown to be anti-inflammatory. The authors also state that “It is believed that nightshade plants aggravate the inflammation that causes pain, swelling, and stiffness in the joints of some patients with arthritis.” Finally, the authors outline the following principles of the anti-inflammatory diet:

- Consume colorful vegetables and fruits, and also include anti-inflammatory spices and herbs such as turmeric, garlic, ginger, rosemary, oregano, cocoa, ginger, clove, coriander, cinnamon, nutmeg, black pepper, parsley, sage, dill, and basil.
- Eat a low glycemic diet.
- Eat nuts and seeds.
- Adjust the quality and quantity of fats to include olive oil, coconut oil, and avocados and decrease excess animal protein and omega-6 fatty acids (such as soybean, corn, safflower, and sunflower oils). Also, avoid hydrogenated fats and trans fats.
- Get adequate sources of probiotics from sources such as fermented and cultured foods.
- Be aware of any food allergies and food sensitivities and minimize or avoid these foods. Common food allergens include eggs, milk, fish, shellfish, wheat, tree nuts, peanuts, and soybeans.
- Avoid chemical and pesticides which can irritate your immune system.
- Drink alcohol in moderation.
- Get enough sleep.
- Keep stress levels under control.

There is also the free Dietary Inflammation Index (DII Screener) app at the Apple Store and additional information about the app at Connecting Health Innovations (<http://chi-llc.net>).