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EAT WELL, AGE WELL.

WHAT IS INFLAMMATION AND HOW CAN CERTAIN FOODS AFFECT IT?

Inflammation is your body's immune response to negative influences such as toxins, pathogens, or oxidative stress. It's an important reaction for your body to heal itself. However, too much inflammation can overwork the immune system and contribute to a number of chronic diseases. Some foods that commonly trigger inflammation include refined carbohydrates (ex: white bread), fried foods, sugar-sweetened beverages, red meat, processed meat, and margarine.

While diet can enhance inflammation, it can just as easily reduce it. Inflammation-reducing foods include tomatoes, olive oil, spinach, kale, nuts, salmon, tuna, and many fruits. Additionally, coffee drinkers can celebrate as the popular beverage is considered to be anti-inflammatory as well! However, the positive effects can sometimes be outweighed by a significant addition of creamer, sugar, and other sweeteners so remember to use these sparingly.



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WEEKLY CHALLENGES

ELIMINATE/REDUCE SWEETENER IN YOUR COFFEE THIS WEEK

TRY A NEW LEAFY GREEN VEGETABLE THIS WEEK

SUBSTITUTE "WHOLE WHEAT" VERSION OF PASTA/BREAD ONCE THIS WEEK

ELIMINATE SUGAR SWEETENED BEVERAGES ONE DAY

DID YOU KNOW?

Reducing inflammation can lower the risk of heart disease, diabetes, arthritis, Alzheimer's, and some cancers.

Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate brain foods into their eating habits. You can help create excitement to try new foods. These foods will help decrease the rate of cognitive decline and increase brain function.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like, added tomato juice at breakfast or added kale to my salad, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout *Eat Well, Age Well. Anti-Inflammatory Foods*.
- Placemat/handout – *Broccoli, Ginger, & Leek*
- Table Tent- *Anti-Inflammatory foods*
- *Monthly Tracking Calendar*

Week 2: Give out/Post

- Placemat/handouts – *Simple Green Smoothie*
- Table Tent- *Omega 3's*

Week 3: Give out/Post

- Placemat/handouts – *Blueberry Almond Spinach Salad*
- Table Tent- *Anti-Oxidants*

Week 4: Give out/Post

- Placemat/handout- *Mixed Greens Antioxidant Salad*
- Table Tent- *Blueberries*

To print the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet, and click on the drop-down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in full size version that you can post on a bulletin board, give as a handout or place in a full-size table tent holder or print the 4 x 6-inch version and place in 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments pam.vankampen@gwaar.org