



# Fighting inflammation naturally

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# Today's presenters



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Healthy Living Team | Giant Foods

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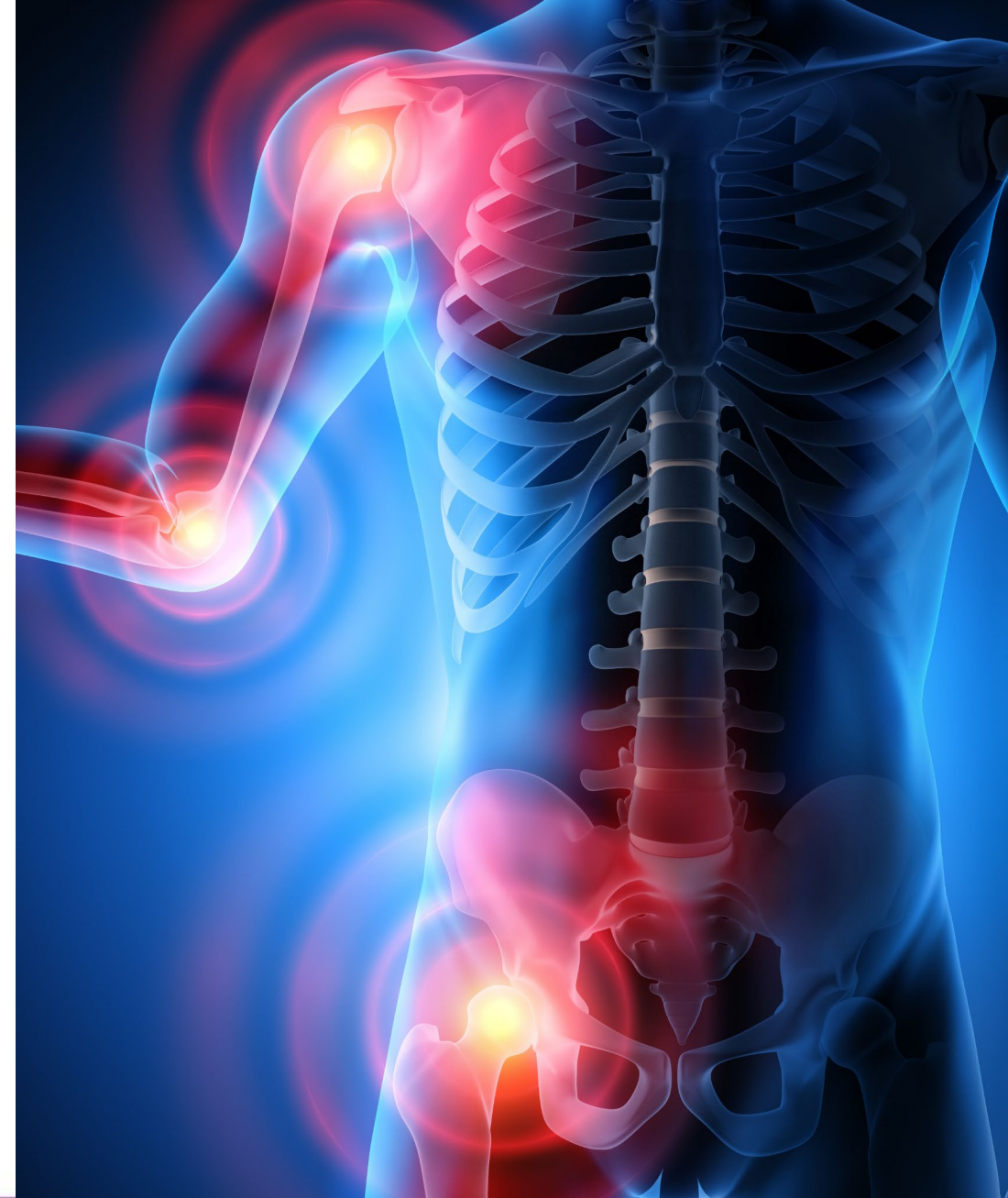
# Agenda

- What is inflammation?
- Tips for:
  - shopping
  - eating
  - living



# What is inflammation?

- Inflammation is the body's response to injury.
- Without inflammation, infections could become deadly.
- Prolonged inflammation can promote chronic disease.



# Inflammation types

- Acute (bruises, burns, cuts) – heals quickly
- Subacute (stiches, trauma, surgery) – heals slowly.
- Chronic (age, environment, disease state) – persistent, painful



# Know your nutrients of concern

## Nutrients that cause inflammation:

- Saturated + trans fats
- Refined carbohydrates
- Sugar

## Foods/drinks to limit:

- Highly processed treats
- Fried foods
- Alcohol

**Goal: % daily value of 5% or lower**

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Start with a balanced plate

## 1/2 plate produce

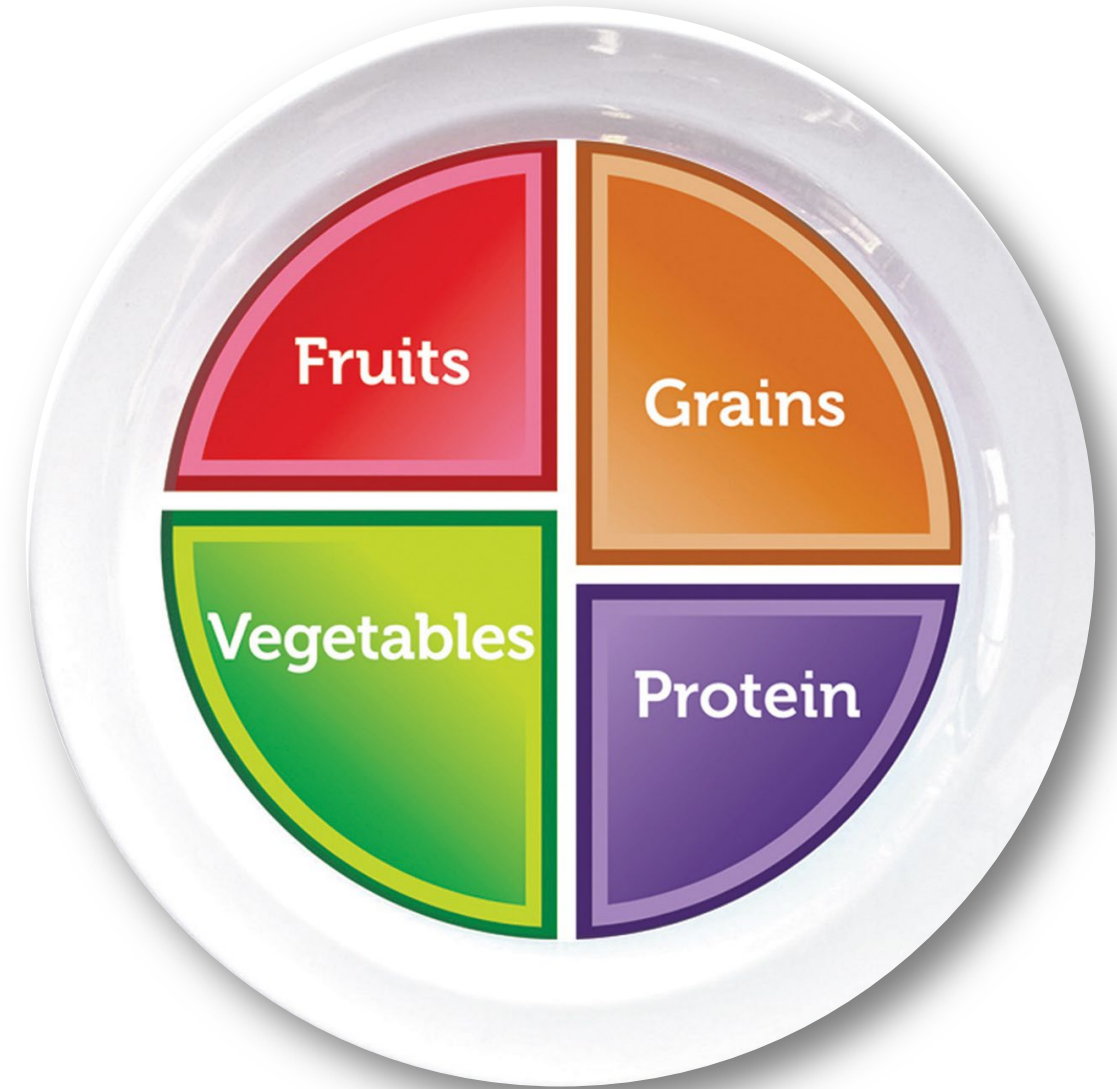
- Choose a variety of colors for inflammation fighting antioxidants

## 1/4 plate grains

- Choose whole grains for inflammation fighting fiber

## 1/4 plate protein

- Choose animal or plant based to help heal and repair your body





# Add more antioxidants

- Antioxidants prevent or slow damage to cells caused by free radicals
- They protect your body from the effects of free radicals which include inflammation
- Antioxidant content of foods are measured in ORAC units
  - The ORAC unit (Oxygen Radical Absorbance Capacity) is a method developed by scientists at the National Institute of Health and Aging (NIH) to measure the antioxidant capacity of different foods.





## **Fruits & vegetables**

Filled with antioxidants like carotenoids and flavonoids (these create the RAINBOW)





## Herbs & spices

Antioxidant all stars, delivering more antioxidants per **100g** than any other food



## Coffee, tea & wine

Powerful antioxidants in every cup but with limitations for caffeine and alcohol (400 mg/day caffeine; 1-2 drinks/day)



## **Cocoa & dark chocolate**

More antioxidant activity, polyphenols and flavanols than any other fruit



# Fill up on fiber

## Found in plant-based foods

- Fruits, vegetables, grains and starches

## Daily fiber goals

- Aim for 25 grams per day

## Fiber supplements

- Can help, but food first

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<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





**Plants =  
fiber**

Fruits, vegetables, whole grains, beans  
and legumes, nuts and seeds



# Choose healthy fats

Unsaturated fats are *not required* on the Nutrition Facts panel

- Omega 3 fatty acids

No daily goal

- Follow MyPlate

Supplements not as effective

- Choose food sources first

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size 1 1/2 cup (208g)</b>	
<hr/>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
<hr/>	
	<b>% Daily Value*</b>
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 4g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 11g	
<hr/>	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%
<hr/>	
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



## Healthy fats

Fatty fish and seafood, vegetable oils like olive and canola, nuts and seeds (choose food first)

# Focus on daily lifestyle

## Sleep

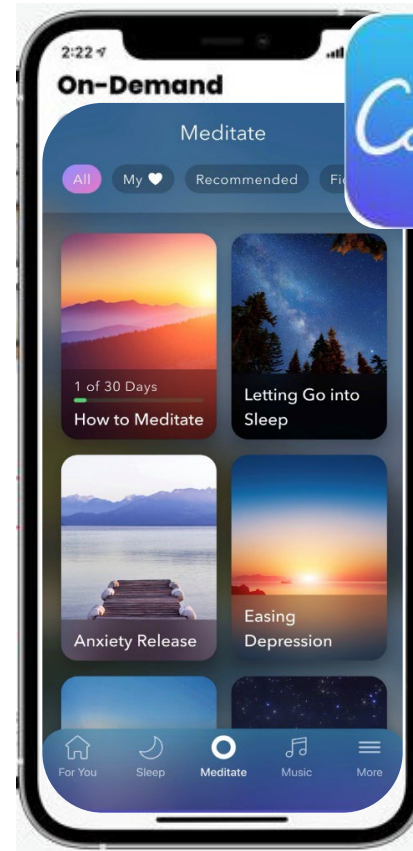
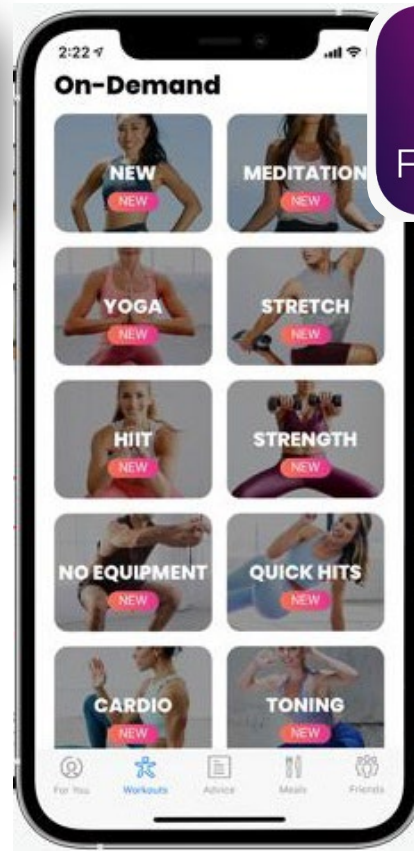
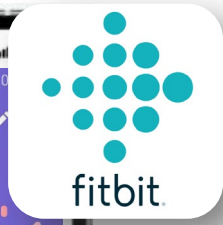
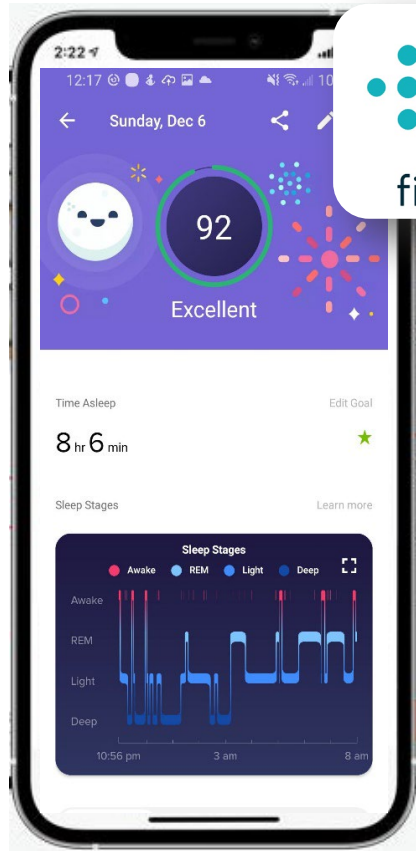
- Goal of 7-9 hours per sleep cycle

## Exercise/movement

- Goal 30 minutes per day

## Stress reduction





## Lifestyle resources

Sleep, move and reduce stress (there's an app for that)



# Eat at home more often

## More control over nutrients of concern

- Salt, fat and sugar

## Opportunity to add more inflammation fighters

- Antioxidants, fiber and omega 3s

## Saves money

- Also, stress reducing?





- Use what you have
- Map out your meals based on MyPlate
- Use ingredients that are lower in added sugars, saturated fat and sodium
- Keep your schedule in mind

## Meal planning tips

Take a meal planning class:  
[giantfood.com/nutrition](https://giantfood.com/nutrition)



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# Additional benefits

- Controlling high blood pressure
  - Blood pressure (less than 120/80)
- Lowering cholesterol
  - Total (less than 200)
  - LDL (less than 130)
  - HDL (50 and higher)
  - Triglycerides (less than 200)
- Blood sugar control for diabetes
  - Hemoglobin A1C (below **5.7%**)
- Antioxidants can assist with cancer prevention



# GEHA is here to help

Contact us today at

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- New health diagnosis?
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- [ProactiveCareManagement@geha.com](mailto:ProactiveCareManagement@geha.com) or [888.216.8246](tel:888.216.8246), ext. [3984](tel:3984). (Preventive screening benefits covered at **100%** in network).



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## Prescriptions

- CVS Caremark [844.4-GEHARX \(443-4279\)](tel:844.4-GEHARX) Available 24/7
- Check Drug Cost Share at: [info.caremark.com/oe/geha](http://info.caremark.com/oe/geha)

# Q&A



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