



Diet and Inflammation

Maintain a healthy body weight

- Obesity can increase inflammation.

Eat a healthy diet

- Make half your plate fruits and vegetables.
 - Choose a variety of brightly colored fruits and vegetables.
- Make half your grains whole grains.
- Vary your protein routine.
 - Choose lean protein foods.
 - Include fish; beans, peas, and lentils; nuts and seeds.
- Move to low-fat or fat-free milk or yogurt.
- Choose healthy fats.
 - Choose oils high in omega-3 or monounsaturated fats.
- Limit foods and beverages high in added sugars, saturated and trans-fat, and sodium.

Be physically active

- Regular physical activity can help lower inflammation and help maintain a healthy body weight.
 - At least 150 to 300 minutes of moderate-intensity or 75 to 150 minutes of vigorous-intensity physical activity a week. Do strengthening activities at least twice a week.
 - If you cannot meet these guidelines, be as physically active as your abilities and conditions allow.

Get adequate sleep

- Adequate sleep can help lower inflammation.
 - The average adult needs 7 to 8 hours of sleep each night.
 - Some can function with 6 hours sleep and some need 9 or more hours sleep.

Manage stress

- Stress can increase inflammation
- Managing stress can help lower inflammation.

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