FOOD, INFLAMMATION & HEALTH

UNDERSTANDING FOODS that REDUCE INFLAMMATION and LOWER YOUR RISK FOR CANCER and other health conditions

What is Inflammation?

Inflammation can be both good and bad — it helps the body to repair tissue damage and fight infections but can also be harmful. Evidence suggests that low-grade, chronic inflammation contributes to some of the nation's leading health conditions — including cardiovascular disease, cancer and type 2 diabetes as well as Alzheimer's disease, allergies and asthma, arthritis, anxiety and depression. Depending on what you eat, your diet may cause or reduce inflammation.

Program Description

Choosing an anti-inflammatory diet is not an eating plan but rather eating foods that help to decrease inflammation or do not trigger an inflammatory response. This 2-part series will take the mystery and confusion out of what eating an anti-inflammatory diet looks like and how it can be beneficial in preventing disease.

Two Programs: Virtual from 1:00–2:00 pm

April 11, 2024: "Taking the Mystery out of How to Eat & Prepare an Anti-inflammatory Diet"
- What is it? What are the benefits?
- Why are we hearing so much about it?
- Is it a strict eating plan? What should I avoid? How do I get started?
- Cooking Demonstration: Breakfast & Snacks

April 25, 2024: "Practical Strategies to Avoid Digestive Inflammation"
- Building strategies to increase foods that reduce inflammation and lower the risk of disease
- Identifying what foods have anti-inflammatory qualities
- Cooking Demonstration: Lunch & Dinner

Register Today Using the QR Codes or Links:

April 11
https://www.workcast.com/register?cpak=7813445277857453

April 25
https://www.workcast.com/register?cpak=2957900270001579

Featured Presenter:
Shauna Alvarez
Executive Chef & Program Lead at Americas Grow-a-Row

Shauna is responsible for overseeing culinary and nutrition education programs and will share her expertise to help you prepare a full day's meal plan.

For More Information Visit:

https://hunterdonhealth.org/services/hunterdon-mercer-chronic-disease-coalition

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NJ CEED — Cancer Education & Early Detection