

INFLAMMATION AND DIET

Chronic disease can be caused by inflammation

What is inflammation?

- Inflammation is a person's body working hard to fight a "threat": infections, stress and other things in the environment
- Inflammation is good when in control
- Too much inflammation can lead to health issues
- Diet can be a source of inflammation

Limiting inflammation through diet

1. Limit sugar intake

According to the USDA Dietary guidelines individuals should eat less than 12 grams of sugar a day.

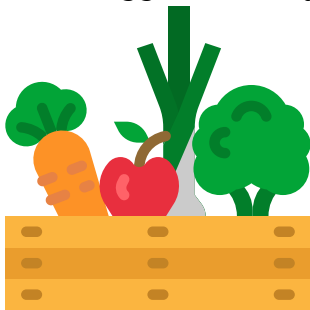


2 of 3 show participants say they meet USDA sugar guidelines

2. Eat more fruits and vegetables

According to the USDA Dietary guidelines individuals should eat 3-5 servings of fruits and veggies each day.

Only 7% of SHOW participants eat the recommended 3+ servings of fruits and veggies each day (*national average is 10%*)



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