

# Get Rid of Your Bloat: How to Reduce Inflammation & Prevent Disease Naturally

February 2021



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- When the Q&A portion begins, please type your question in the chat box.
- This webinar will last for approximately 30-45 minutes.



# Brianna Sommer, MS, RDN, LDN

Brianna Sommer is a Registered Dietitian Nutritionist. She graduated from the University of Illinois at Urbana-Champaign in May of 2017 with an undergraduate degree in Dietetics and recently received her master's degree and completed her Dietetic Internship at Northern Illinois University. Brianna currently works as an in-patient dietitian, where she provides nutrition counseling to acute and chronically ill individuals. Her true passion lies in helping people achieve their health goals through developing a healthy relationship with food and formulating sustainable habits. Brianna loves to give back to her community. Most recently, she has been involved with several projects and organizations in the DuPage county community, including the Northern Illinois Food Bank and the Midwest Shelter for Homeless Veterans.



# Polling Question

All inflammation is damaging to the body.

- True
- False

# Polling Question

Which one of the following is an example of food that can help reduce inflammation?

- White Bread
- Berries
- Sweet Tea
- Hot Dogs

# LEARNING OBJECTIVES

In this webinar participants will:

- Discover foods that contribute to inflammation
- Explore health promoting foods that lead to better health and reduce inflammation
- Learn about the correlation between inflammation and disease

# WHAT IS INFLAMMATION & HOW IS IT HARMFUL?

**The right kind of inflammation is essential to your body's healing system.**

Chronic inflammation can play a role in increasing the risk of several chronic diseases such as:

- Heart disease & stroke
- Bowel diseases
- Cancer
- Diabetes
- Arthritis
- Depression
- Alzheimer's



# FOODS THAT CONTRIBUTE TO INFLAMMATION

- **Junk foods:** fast food, convenience meals, potato chips, pretzels
- **Refined carbohydrates:** white bread, pasta, white rice, crackers, flour tortillas, biscuits
- **Fried foods:** French fries, donuts, fried chicken, mozzarella sticks, egg rolls
- **Sugar-sweetened beverages:** soda, sweet tea, energy drinks, sports drinks
- **Processed meats:** bacon, beef jerky, canned meat, salami, hot dogs, smoked meat
- **Trans fats:** shortening, partially hydrogenated vegetable oil, margarine





# FOODS THAT HELP REDUCE INFLAMMATION

- Berries
- Fatty Fish
- Broccoli
- Avocados
- Green Tea
- Peppers
- Mushrooms
- Grapes
- Turmeric
- Extra Virgin Olive Oil
- Dark chocolate/Cocoa
- Tomatoes
- Cherries



# OTHER LIFESTYLE CHANGES TO COMBAT INFLAMMATION

- Watch out for bleeding gums
- Get your cholesterol tested
- Quit smoking
- Move more



# SUMMARY

- Eat more plants
- Focus on antioxidants
- Consume your Omega-3 fatty acids
- Choose whole-grain starches
- Pick skinless poultry, fish, eggs, and legumes
- Limit processed/high-fat meats, trans fats, refined carbohydrates, fried foods, and sugar-sweetened beverages



# AVOCADO AND GREEK YOGURT CHICKEN SALAD

- 1 cup plain Nonfat Greek Yogurt
- 2 avocados (1 mashed, 1 sliced)
- 1-2 tablespoons fresh lemon juice
- Kosher salt & freshly ground black pepper
- 2 cups shredded chicken (from about 16 ounces of skinless, boneless breast)
- 3/4 cup chopped celery (about 2 ribs)
- 1/2 cup red grapes, halved
- 1/3 cup chopped pecans
- 1/3 cup chopped red onion
- 1/3 cup dried cranberries (optional)
- 2 tablespoons chopped fresh tarragon



# REFERENCES

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# Questions & Discussion





# Future Webinar Schedule

## **Hunger & Health**

Tuesday, March 9 @ 11:30am

Click [here](#) to register for FREE.

## **Schooling on the Relationship of Physical Activity & Emotional Health**

Tuesday, March 30 @ 11:30am

Click [here](#) to register for FREE.

## **Physical Activity & Academic Achievement**

Tuesday, April 13 @ 11:30am

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## **Health Benefits of Gardening**

Tuesday, April 27 @ 11:30am

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