



ANTI-INFLAMMATORY DIET FOR PAIN MANAGEMENT

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ABOUT THE AGING AND INTEGRATIVE PAIN ASSESSMENT AND MANAGEMENT INITIATIVE (AI-PAMI)



AI-PAMI is a comprehensive project addressing non-opioid pain management in adults ages 50 and older living in Northeast Florida. The overall goal of AI-PAMI is the advancement of innovative pain education and patient care through the development of provider and patient workshops focused on integrative pain management.

Funding provided by Florida Blue Foundation and the Florida Medical Malpractice Joint Underwriting Association.

Visit pami.emergency.med.jax.ufl.edu to learn more.

Contact PAMI at pami@jax.ufl.edu or 904-244-4986.

PRESENTATION INFORMATION

Kayla Fisher is a Registered Dietitian and has worked at UF Health Jacksonville for seven years. She completed her post-graduate work and dietetic internship at Mayo Clinic Jacksonville. Kayla works in an outpatient clinic educating and counseling patients with many different chronic diseases.



WHAT IS INFLAMMATION?

- ❑ Inflammation is your body's natural defense against dangers like bacteria, viruses, irritants, toxins and physical trauma.
- ❑ You usually feel inflammation as swelling, redness, heat and pain.
- ❑ When inflammation runs rampant, it can disrupt your immune system and lead to a variety of chronic diseases including chronic pain.

LIFESTYLE THERAPY'S ROLE

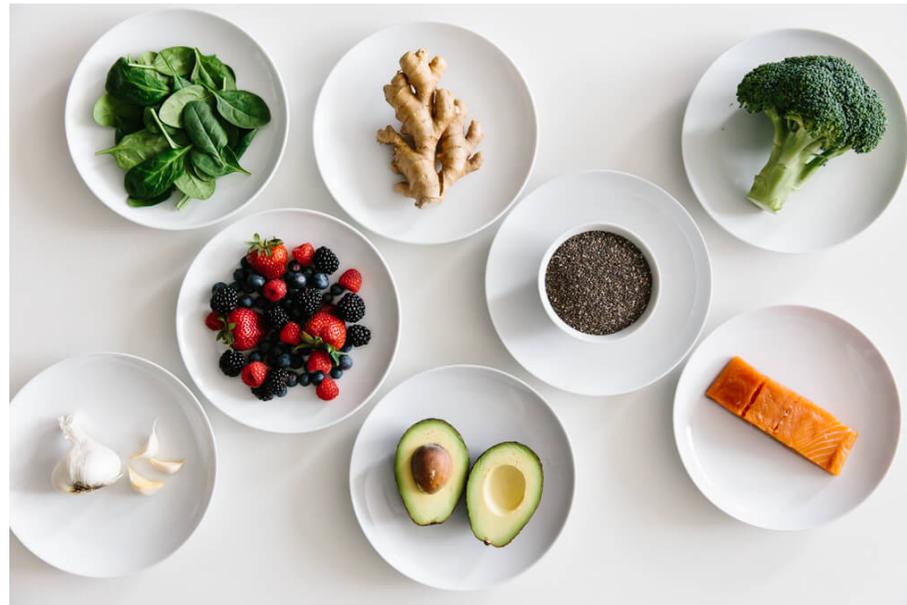
- ❑ Lifestyle therapy includes quitting smoking, improving nutrition, maintaining healthy body weight, staying active, sleeping well, and managing stress.
- ❑ Lifestyle therapy can support improvement in chronic pain symptoms such as back pain, inflammation and functional ability.

LIFESTYLE THERAPY'S ROLE

- A healthy diet can support weight loss and combat pain.
- Physical activity supports weight loss. Inactivity can make pain worse.
- Excess weight can increase pain and complicate other health issues like blood pressure, cholesterol and joint issues.
- We have proven options for making small steps toward healthy changes that are possible for all bodies.

WHAT DOES MY DIET HAVE TO DO WITH THIS?

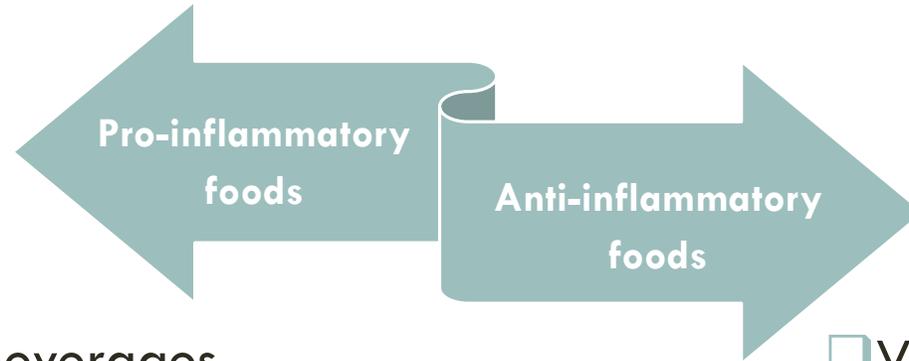
- ❑ Research has shown that anti-inflammatory diets can help reduce pain, inflammation and stiffness caused by several painful conditions such as arthritis and musculoskeletal pain.



ANTI-INFLAMMATORY DIET OVERVIEW

- Not a diet but a healthy eating pattern.
- Encourages whole foods over processed foods.
- Rich in plant foods such as fruits, vegetables, beans, nuts, whole grains and healthy fats.
- Limits added sugars, processed oils, red meat and processed meats.
- Many other health benefits!

FOODS' IMPACT ON INFLAMMATION



- ❑ Sugar-sweetened beverages
- ❑ Added sugars & refined carbs
 - ❑ Processed meats
- ❑ Solid fats, trans fats, vegetable oils
 - ❑ Fried foods
 - ❑ Dairy (?)

- ❑ Vegetables
- ❑ Fruits
- ❑ Whole-grains
- ❑ Legumes, nuts, seeds
- ❑ Healthy fats
- ❑ Herbs & spices
- ❑ Water

FOODS THAT FIGHT INFLAMMATION

Chronic inflammation has been linked to cancer, heart disease, diabetes, arthritis, depression, and Alzheimer's. Fight inflammation with a healthy diet.



ANTI-INFLAMMATION FOODS



Tomatoes



Fruits

Strawberries, blueberries, oranges and cherries.



Nuts

Almonds, walnuts, and other nuts.



Olive oil



Leafy greens

Spinach, kale, collards, and more.



Fatty fish

Salmon, mackerel, tuna, and sardines.

INFLAMMATION FOODS



Fried foods



Sodas



Refined carbs



Lard



Processed meats

MORE FRUITS AND VEGETABLES

- Eat fruits and vegetables with every meal.
- Aim for five to nine servings daily.
- Choose fresh or frozen when possible.
- Fruits and vegetables provide antioxidants, fiber, vitamins and minerals.
- Great choices include leafy greens, spinach, broccoli and berries.

HEALTHY FATS AND OMEGA 3S

- Focus on omega-3 fatty acids found in fatty fish like salmon and tuna, walnuts, chia and flax seeds.
- Choose unsaturated fats:
 - Olive oil
 - Nuts and seeds
 - Avocado
- Limit saturated fats as these promote inflammation:
 - Butter
 - Ice cream
 - Red meat, bacon, sausage.
- Limit use of vegetable oils such as soybean oil.

CHOOSE WHOLE GRAINS

- Whole or intact grains are minimally processed and rich in fiber and other nutrients.
- Choose whole grains:
 - Oatmeal
 - Quinoa
 - Brown rice
 - Whole-grain breads or crackers (if consuming)
 - Whole-grain pastas
- Limit or avoid refined grains and starches:
 - White bread, biscuits, bagels, chips, crackers
 - White rice or white pasta
 - Sugared cereals, granola bars, muffins, sweets

AVOID ADDED SUGARS

- ❑ Added sugar or concentrated sweets provide extra sugar and calories contributing to inflammation and obesity.
- ❑ Significantly cut back or eliminate added sugars such as:
 - ❑ Soda, juices, sweet tea, sports drinks, lemonade.
 - ❑ Cookies, candies, cakes, ice cream.
- ❑ Read food labels for added sugars.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	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.

LESS RED/PROCESSED MEAT

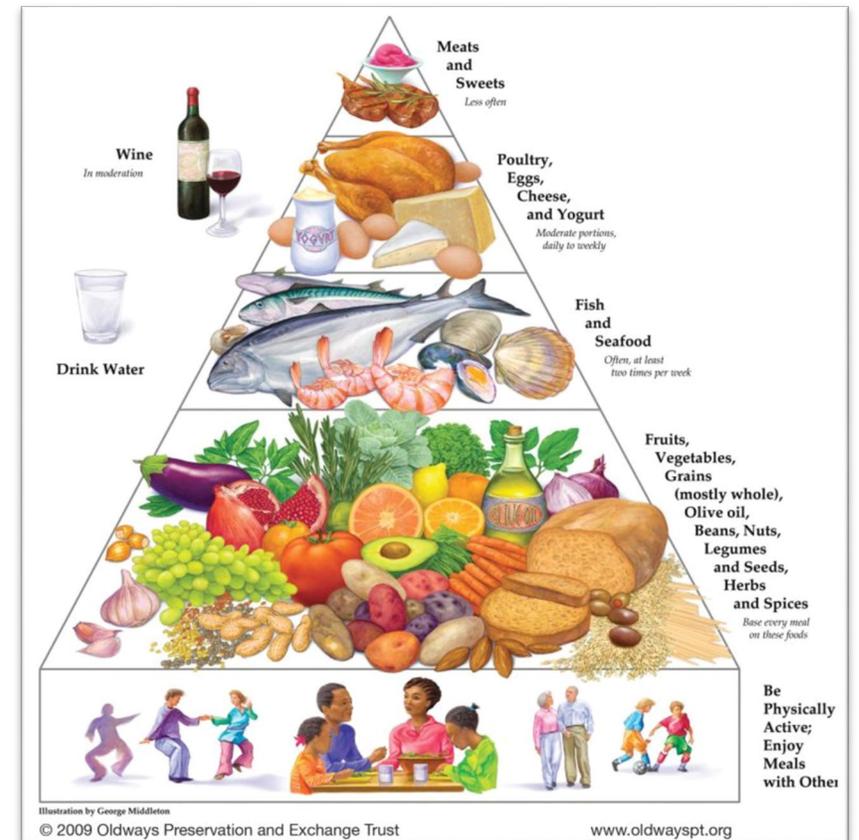
- Avoid red meat such as beef and burgers.
- Avoid processed meats such as bacon, sausage, corn dogs, bologna.
- Avoid fried meats.
- Choose healthier proteins such as fish, skinless chicken, eggs in moderation, and plant proteins such as beans, nuts, tofu.

DAIRY?

- ❑ Dairy is slightly controversial. Some suggest avoiding it while others consider it a nutritious food group.
- ❑ Avoid dairy that is high in fat and/or sugar such as whole milk and ice cream.
- ❑ Eat dairy that is high in protein and probiotics such as Greek yogurt and low-fat cottage cheese.

MEDITERRANEAN DIET

- ❑ The Mediterranean Diet is proven to be one of the healthiest diets for the prevention and management of chronic disease.
- ❑ It is also “anti-inflammatory”.
- ❑ Mostly high-fiber plant foods.
- ❑ Fish more often.
- ❑ Moderate in lean chicken, eggs, yogurt.
- ❑ Very limited in red meat and sweets.
- ❑ Built on a foundation of physical activity!



DON'T FORGET PHYSICAL ACTIVITY!

Research shows that physical activity can help manage more health conditions:

- Physical activity can decrease pain for those with osteoarthritis
- Reduce disease progression for hypertension and type 2 diabetes
- Reduce symptoms of anxiety and depression
- Improve cognition for those with dementia, multiple sclerosis, ADHD, and Parkinson's disease
- Exercise can improve back flexibility, improve healing and reduce stiffness

DON'T FORGET PHYSICAL ACTIVITY!

Fitting regular exercise into your daily schedule may seem difficult at first. Try these ideas to increase your daily movement:

- Break your exercise into mini-workouts of 10 minutes at a time.
- Park farther away from the entrance to stores
- Walk the dog every day
- Take the stairs instead of the elevator
- Find a workout buddy to help you stay accountable and make it fun
- Practice a relaxing form of strengthening exercise, like yoga or tai chi
- Choose activities you enjoy. It's easier to make exercise a regular part of your life if you have fun doing it.
- Start a walking program of just five minutes a day, adding a couple minutes every other day or so until you are up to 20 to 30 minutes of daily walking
- Give yourself goals. The goals should challenge you, but also be realistic.

QUESTIONS?



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