

Health & Wellness

March
2025
Issue 6

Inflammatory Foods

For this month's Health & Wellness newsletter we are talking about inflammation and how certain foods can help fight it! Learn more about what foods cause inflammation, what foods fight inflammation, how inflammation affects our bodies, and more!



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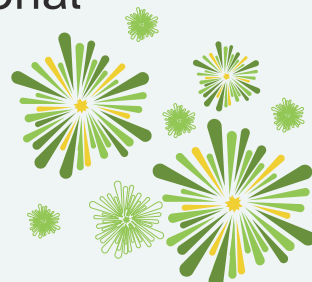
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Welcome to DuPage Senior Citizens Council/Kane Senior Council's March Health & Wellness Newsletter!

We're here to bring you a new topic relating to wellness as well as new brain teasers, seasonal recipes, book recommendations, and more!



Providing Meals and More...



DuPage Senior
Citizens Council



Kane Senior
Council

Inflammatory Foods

Introduction

Diet plays a significant role in controlling inflammation in the body. Certain foods can ***promote inflammation***, while others have ***anti-inflammatory effects***.



Chronic, **systemic** inflammation is a serious health concern that can be made worse (or better!) with diet.

Information adapted from:

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/anti-inflammatory-diet>

<https://www.uchicagomedicine.org/forefront/gastrointestinal-articles/what-foods-cause-or-reduce-inflammation>

What is

Four signs of inflammation include **redness, swelling, pain, and heat**

Inflammation?

Acute Inflammation is the body's natural response to illness, injury, or infection and **usually resolves on its own** without treatment

Systemic Inflammation affects the whole body

- Can become **chronic** and last for **months** or, in some cases, **years**

Chronic inflammation is a factor in diseases such as:

- Obesity
- Metabolic syndrome
- Prediabetes
- Type 2 diabetes
- Heart disease
- Some forms of cancer
- Arthritis
- Alzheimer's disease
- Inflammatory Foods
- Inflammatory bowel disease, including Crohn's disease and ulcerative colitis

What Causes Inflammation?

Inflammation can result from exposure to environmental toxins, a lingering virus, aging or chronic stress

What Foods cause Inflammation?



- **Red meat**, such as steak and hamburgers
- **Processed meat**, such as bologna, bacon, sausage, and lunch meat

- **Commercial baked goods** such as snack cakes, pies, cookies, and brownies
- Bread and pasta made with **white flour**



- **Deep fried** items such as french fries, fried chicken, and donuts
- Foods high in **added sugar**, such as candy, jelly, and syrup



- **Sugar-sweetened beverages** such as soda, bottled or canned tea drinks, and sports drinks
- **Trans fats**, found in margarine, microwave popcorn, refrigerated biscuits and dough, and nondairy coffee creamers



What Foods cause Inflammation?

The standard American diet is *pro-inflammatory* because it's rich in ultra-processed foods & red meat, and low in fruits & vegetables.

Be careful with **sauces** and **dressings**. Many condiments and extras are high in inflammatory ingredients such as sugar and trans fat as well as sodium.



Processed Foods: Read the Label

It's important to check the **ingredients list** of **prepared** or **processed** foods. Many prepared foods contain **hidden sugar**.

There are over **50 names** for **added sugar** in prepared commercial foods.

Reading food labels is important.
Any food that lists **partially hydrogenated oils** as an ingredient should be ***avoided*** since these are **trans fats**.

Nutrition Facts

Serving Size oz.
Serving Per Container

Amount Per Serving:

Calories	Calories From Fat
% Daily value*	
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	
Protein	

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Cooking Methods

Can Make a Difference

When you want to **reduce** inflammation...

baking



steaming



stir-frying



are preferable to **deep frying** or **grilling**.

Anti-Inflammatory Foods

Experts say overall healthy eating patterns can help you get rid of inflammation and stay healthier.

Food Types that can help bring inflammation down:

Vitamin C

Ascorbic acid, also known as **vitamin C**, is a powerful antioxidant. **Antioxidants** help address *cellular wear and tear* that can set off inflammation.

You'll find vitamin C in fruits and vegetables, which are the basis of a healthy diet. In addition to well-known vitamin C sources such as citrus fruit and juice, tasty bell peppers are also packed with the vitamin and may yield fewer calories.



Omega-3 Fatty Acids

One form of these powerful inflammation fighters is found in fatty fish such as salmon, herring, mackerel, sardines, tuna, striped bass and anchovies. You can get the benefit from eating the fish or by taking fish oil supplements.

Vegetarians and vegans are encouraged to eat nuts and seeds and to cook with canola oil which supplies **nutrients** and **vitamin E** to fight inflammation.



Polyphenols

There is a reason why the **Mediterranean diet** and other healthy eating plans stress colorful, plant-based foods, whole grains and olive oil.

Polyphenols are naturally occurring compounds in these foods that protect the body from inflammation. Coffee, tea, and even dark chocolate are rich in these beneficial compounds.

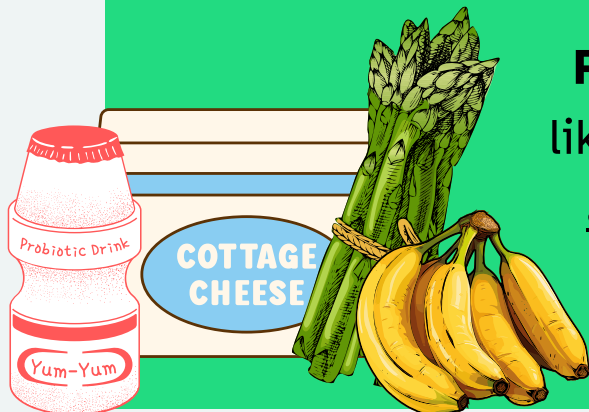


Gut-Healthy Foods

A healthy population of **beneficial bacteria (flora)** in the intestines can help keep inflammation at bay. To cultivate healthy intestinal flora, enjoy plenty of foods rich in **probiotics** and **prebiotics**.

Keep in mind that ***not all fermented foods have probiotics***. Check the label and ensure that **live microorganisms** are listed in the ingredients. Yogurt and cottage cheese will have live active cultures noted on the packaging.

Prebiotics, in the form of **dietary fiber**, are like food for the **helpful bacteria**. Jerusalem artichokes and foods rich in **inulin**, such as asparagus, bananas and chicory, help keep the beneficial flora healthy and plentiful.



Best Anti-Inflammatory Diet

In terms of well known diets, the **Mediterranean diet** may be the most beneficial in helping people get inflammation under control.

It emphasizes omega-3s, vitamin C, polyphenols, fiber-rich foods and other known inflammation fighters.



Health & Wellness Education

WRAP UP

Inflammation? You can fight it and win! Even better - You can prevent it from even happening.

It can seem challenging at first with so many inflammatory foods commercially available, but over time, ***small changes*** can turn into lasting and healthy habits.

There is ***no one food alone*** that reduces all inflammation but a **healthy, balanced diet** can help lower your risk of inflammatory disease and transform your health.

For more health and wellness tips, information and resources, visit our website.



BRAIN BOOSTERS

SUDOKU

2		3		6				8
	7			5	1	3		
	5	9						
4		2	6	3			5	9
				9				
3	9			1	4	2		6
						4	2	
		1	8	4			3	
7				2		9		5

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.



RIDDLE OF THE MONTH

What can be seen in the ***middle*** of ***March*** and ***April*** that **cannot** be seen at the ***beginning*** or ***end*** of **either** month?



WORD SEARCH



C C H R O N I C Z R F H W J V
 V S M B E T H E A L T H Y E I
 F T A E A Q O P U F Q P D Y R
 I I M J D K O X C A L K Z Y U
 N R G U S I I F I M Z U R K S
 F F K Q T S T N I N E L A F Z
 L R J Y E F Y E G B S F C S I
 A Y A G A P J S R A E Q U T X
 M L G N M X Q B T R K R T R F
 M J I N I D B E L E A L E E U
 A W N J N B I K I K M N L S Z
 T P G U G P K E X I I I E S N
 I W R L B A K Q T X L S C A D
 O G D P O L Y P H E N O L S N
 N A N T I O X I D A N T P T K



WORD BANK

Mediterranean	Systemic	Chronic	Diet	Acute
Inflammation	Steaming	Stir Fry	Virus	
Polyphenols	Healthy	Toxins	Stress	
Antioxidant	Baking	Aging	Fiber	

March Recipe: Brazilian Lemonade



Ingredients:

- 3 limes, washed well and quartered
- 1/4 cup sweetened condensed milk
- 1/4 teaspoon salt (optional)
- 3 cups water
- 1/3 cup sugar
- Ice cubes

Directions:

1. In a blender, combine lime quarters, water, sugar, and sweetened condensed milk. Cover and blend until smooth.
2. Pass mixture through a fine mesh sieve into a small pitcher. If mixture is bitter to taste, stir in salt. Serve over ice.

Customize Brazilian Lemonade

To make a Brazilian lemonade cocktail, try adding a shot of rum, tequila, or flavored liqueur to each glass. If you prefer your lemonade less sweet, dial back on the sugar and condensed milk. Just know the finished drink may be more bitter. Garnish the drink with fresh lime, orange, or lemon slices, or add a few sprigs of fresh mint.

Our Book Pick of the Month

No One Knows by Osamu Dazai (translated by Ralph McCarthy)

“Fourteen short stories from Osamu Dazai, including some that have never before been translated to English. A collection of stunning short fiction from a celebrated author, Dazai writes about life, love and identity in his signature sharp and incisive voice.”



ANSWER KEY

2	4	3	7	6	9	5	1	8
8	7	6	4	5	1	3	9	2
1	5	9	3	8	2	7	6	4
4	1	2	6	3	7	8	5	9
5	6	7	2	9	8	1	4	3
3	9	8	5	1	4	2	7	6
6	8	5	9	7	3	4	2	1
9	2	1	8	4	5	6	3	7
7	3	4	1	2	6	9	8	5

Riddle Answer:

*What can be seen in the middle of March
and April that cannot be seen at the
beginning or end of either month?*

Answer : The letter R

ANSWER KEY



C C H R O N I C Z R F H W J V
V S M B E T H E A L T H Y E I
F T A E A Q O P U F Q P D Y R
I I M J D K O X C A L K Z Y U
N R G U S I I F I M Z U R K S
F F K Q T S T N I N E L A F Z
L R J Y E F Y E G B S F C S I
A Y A G A P J S R A E Q U T X
M L G N M X Q B T R K R T R F
M J I N I D B E L E A L E E U
A W N J N B I K I K M N L S Z
T P G U G P K E X I I I E S N
I W R L B A K Q T X L S C A D
O G D P O L Y P H E N O L S N
N A N T I O X I D A N T P T K

**MARCH
20**

SENIOR DANCE PARTY

4 pm - 8 pm

Abbington Distinctive Banquets

3002 Route 53

Glen Ellyn, IL 60137

RSVP: Call 630-812-6750

By March 14



Print Monthly Meal Menus at:

www.DuPageSeniorCouncil.org/Home-Delivered-Meals-Menus

www.KaneSeniorCouncil.org/Meals-On-Wheels



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